



FREEDOM

TORBAY DOMESTIC ABUSE SERVICE

Freedom is a programme designed to educate and empower women who have experienced or who are at risk of domestic abuse.

Run by Torbay Domestic Abuse Service, the Freedom programme is a 10-week course, held in a confidential group setting.

Together, we will look at the differences between healthy and unhealthy relationships, and how to recognise an abusive relationship. We will also look at:

- The tactics, personality and beliefs of the dominating individual
- The impact of abuse on you and your children
- The warning signs for future relationships

For more information or to book a place, please call **0800 916 1474** (freephone) or email tdas@sanctuary-housing.co.uk