



Compassion

addressing domestic abuse

In response to the COVID-19 pandemic we, like everyone else, have suspended our programmes until it is safe to continue. However, we have been working hard and are happy to announce we are now delivering the **Freedom Programme online**.



The Freedom Programme consists of eleven weekly sessions and is open to any women who wish to learn more about the reality of domestic violence and abuse. It is available to those who are affected by the impact of an abusive partner, be it a current or past relationship.

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of women victims and survivors. The aim is to help women who have experience of domestic violence and abuse to make sense of and understand what has happened to them.

Completing the programme will help women to:

- Identify and understand the tactics, behaviours, and beliefs of abusive partners, and in doing so recognise which of these beliefs they have shared.
- Identify the effect and impact of domestic violence and abuse on themselves and their children.
- Recognise potential future abusers.
- Gain self-esteem and the confidence to improve the quality of their lives.

Please contact Cathy on 07966 592632 or cathy@compass-ion.org for further information or to access a place on the online course, commencing from 15th September 2020.

Watch this short video to understand more

<https://www.youtube.com/watch?v=sxJuI-FTI14&feature=youtu.be>