



GROUPWORK PROGRAMMES FOR ADULTS



VOICE (VICTIMS OF INTIMATE COERCIVE EXPERIENCE)

10 week programme for male or female victims of domestic abuse

Aims of the programme:

- To deepen understanding of intimate partner relationship abuse
- Develop insight into barriers victim survivors face when seeking help
- Explore the context of abusive behaviour both in situ and post separation
- Improved knowledge and understanding of the impact of trauma
- Develop understanding and practice of self-care

YOUR POWER TO CHANGE

10 week programme for individuals displaying behaviours of a perpetrator

Aims of the programme:

- To provide a clear understanding of what domestic abuse is and consider how these behaviours are experienced through the eyes of both victim and children.
- To allow participants to identify unhealthy behaviours and explore strategies to work towards positive change.
- The programme also examines how positive parenting can implement change.

VIRTUAL AND IN PERSON COURSES

VIRTUAL COURSE

DOMESTIC ABUSE RECOVERY TOOLKIT

12 week programme for female victims of domestic abuse

- This programme is tailored specifically for black and brown female victims of domestic abuse.
- Delivered in partnership with Creating Equalz, the course helps women understand, challenge and help remove the voice of the perpetrator and take away feelings of guilt.
- You must have left the abusive relationship to participate.

NEXT STEPS...

- Professionals will need to complete a referral form located on www.ndas.co/professionals/
- Self referrals can be made by calling 0300 0120154 or emailing advice@ndas-org.co.uk
- Your referral will be passed to one of our Support Workers for assessment.
- We will be in contact within 10 working days to confirm acceptance to the support programme.

VIRTUAL COURSE