FREEDOM PROGRAMME:
FOR WOMEN EXPERIENCING OR HAVE EXPERIENCED DOMESTIC ABUSE

CALL OUR HELPLINE ON
0300 0120 154
24 HOURS A DAY, 7 DAYS A WEEK
FOR FRIENDLY NON-JUDGEMENTAL ADVICE.

@NorthantsDAS

There is no excuse for domestic abuse
This 10 week programme is designed for women who have been or are currently in an abusive relationship. The programme provides an opportunity for women to develop ways of thinking and behaving to help them to protect themselves, their children and others from harm.

By recognising the beliefs held by abusive men, women can learn to understand that abusive men lie about their behaviour. The programme teaches women to identify the tactics of coercion, recognise the early warning signs of abuse and identify tactics some men use in their belief of male superiority to undermine women’s rights and opinions.

CALL OUR 24/7 HELPLINE 0300 0120 154
OR VISIT WWW.NDAS.CO TO FIND OUT MORE

Northamptonshire
Domestic Abuse Service

YOU’RE NEVER ALONE

There is no excuse for domestic abuse