

are you a woman
afraid
of someone you live with or someone you know?

we can help

The Freedom Programme is a free 12 week course that will help you to understand the beliefs held by abusive men and the effects of abuse upon children.

We can enable you to gain the confidence to improve your life and identify the local resources that can help.

The Harbour Freedom Programme takes place weekly in your local area and each session lasts 1½ hours.

Date:

Venue:

for more information call:

 **0845 602 7308**

Local rate call

www.myharbour.org.uk

