

The Freedom Programme is starting on zoom on March 2nd at 10am.

It is for **any women** over the age of 16.

- The programme is delivered over 12 weeks, each session is 90 minutes long with 30 minutes comfort break.

Attendance is free!

It is a rolling programme so women may join and make up a missed session when ready.

The Freedom Programme is a powerful life changing tool available to any woman who is ready to take part and apply it to their own life.

The Freedom Programme teaches

- Participants how to recognise signs of abuse and creates understanding of unhealthy and healthy relationships.
- Taking part can offer help and support with safety planning.
- Support is available from experts and other survivors.

The course is available in a variety of learning formats and will be delivered on zoom for the rest of 2021. Course books are available to purchase on Amazon or request from facilitator.

For more information contact iamasurvivorrising@gmail.com or mary-louise@sisi.ie or call 0871479087.

A link will sent the day before the programme starts.

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Rialtas na
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★ The Community
Foundation for Ireland

MR WRONG

AN ABUSIVE MAN



Shouts
Sulks
Smashes things
Glares
Calls you names
Makes you feel ugly and useless
Cuts you off from your friends
Stops you working
Never admits he is wrong
Blames you, drugs, drink, stress etc.
Turns the children against you
Uses the children to control you Never does his share of the housework
Never looks after the children
Expects sex on demand
Controls the money
Threatens or wheedles you to get his own way
Seduces your friends/sister/anyone
Expects you to be responsible for his well-being

MR RIGHT

A Non-Abusive Man



Is cheerful
Consistent
Supportive
Tells you you look good
Tells you you're competent
Uses your name
Trusts you
Trusts your judgment
Welcomes your friends and family
Encourages you to be independent
Supports your learning, career etc.
Admits to being wrong
Is a responsible parent
Is an equal parent
Does his share of the housework
Accepts that you have a right to say "no" to sex
Shares financial responsibility
Takes responsibility for his own well-being and happiness
In short...
Behaves like a reasonable human being.

The Freedom Programme

is running

Awareness Raising Courses for Women in

There is no charge

www.freedomprogramme.co.uk