



## The Freedom Programme

**Starting on zoom on September 12th from 6.30pm-8.30pm and September 13th from 10.30am-12.30pm.**

- It is for any women over the age of 18.
- The programme is delivered over 12 weeks, each session is 90 minutes long with 30 minutes comfort break.
- Please choose the option that suits you best, either the Monday evening session or Tuesday morning.

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 create 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 2022. Course books are available to purchase on Amazon or on request from the facilitator.

For more information contact [freedom@sisi.ie](mailto:freedom@sisi.ie) or call 087 147 9087.

A zoom link will be sent the day before the programme starts.

SiSi is proudly supported by

 **The Community  
Foundation for Ireland**



## Mr. Wrong

### An abusive man.

- Threatens or wheedles you to get his own way
- Seduces your friends/sister/anyone.
- Expects you to be responsible for his well-being
- 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

## Mr. Right

### An non-abusive man.

- 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.**