

If you think you are experiencing domestic abuse, please call us at Dundee Women's Aid and speak to one of our Support Workers on: **01382 207099**.

Our services are available:
Mon-Fri: 09.30-12.30
Mon-Wed & Fri: 13.30-16.30

If you need help out of office hours, please call the 24-hour Scottish Domestic Abuse Helpline on: **0800 027 1234**.

At times we are busy, so if we are unable to answer your call straight away, please leave a message telling us if it is safe to call you back and a telephone number we can contact you on. We will get back in touch with you as soon as we can.

We are not an emergency service. If you need help urgently or are in any danger, please call 999.

DUNDEE
Women's
Aid

never give up



The Freedom Programme is an information & support programme built around the realities and effects of domestic abuse – for women only.

It is free to attend and runs for two hours a week over a 12-week period and could change your life.

Judy Fleming

DUNDEE
Women's
Aid

www.dundeewomensaid.co.uk

Dundee Women's Aid is a recognised Scottish charity (No. SC000697)

**FREEDOM
PROGRAMME**

www.freedomprogramme.co.uk
www.dundeewomensaid.co.uk

What is the Freedom Programme?

The Freedom Programme is an information & support programme built around the realities and effects of domestic abuse for women only.

It is free to attend and runs for two hours a week over a 12-week period and could change your life.

The programme aims to:

- Enable women to gain self-esteem and the confidence to improve the quality of their lives.
- Enable women to understand the beliefs held by abusive men and to recognise which of these beliefs they have shared.
- Enable women to recognise some of the behaviours common to abusers.
- Assist women to recognise potential abusers.
- Illustrate the effects of domestic abuse on children and young people.
- Introduce women to community resources such as Women's Aid.

Who is it for?

The programme is for women living or working in Dundee who want to learn more about domestic abuse and its effects. It is facilitated by women, for women, and gets great reviews and feedback from those who attend.

How do I book a place?

If you would like to attend and take part in the programme, call us on: 01382 207099.

Please make sure you can commit to attend the full 12-week programme, as places are limited.

www.freedomprogramme.co.uk

"I actually look forward to coming to the freedom programme. A safe place to come and talk."

— Freedom Programme Attendee

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