



FREEDOM PROGRAMME 2023!

DOMESTIC ABUSE RECOVERY COURSE

The Freedom Programme



DO YOU WANT TO:

- Learn about healthy & unhealthy relationships?
- Recognise traits & warning signs of abuse?
- Safely make effective changes in your life?
- Gain support from experts and other women?
- Have access to information & resources?

Join us for this **FREE 8-week course**
from Friday 3rd February, 2023, 10am-12:30pm
To register or for more info. contact:



0191 263 2752



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@eastendwomen



East End Women at Building Futures East