



Free To Be Me

For women

Family harm or abuse can take many forms and affects everyone in the family (both women and children) in very different ways.

Healing from family harm is a process that leads to a brighter future.

If you have experienced family harm, including verbal, financial or emotional abuse, our Free to Be Me programme for women will give you the support and confidence you need to feel safe again, whether you are still in the relationship or have moved on. We offer programmes for both women and children, providing tools and information for you and your family in a way that's right for you.





Free to Be Me is an individualised programme for women. The eight session programme is FREE and available to any woman who has experienced family harm, whether you have a protection order in place or not.

In a supportive, constructive and safe environment we will explore:

- ▶ Nature and effects of abuse
- ▶ Safety plans, keeping safe
- ▶ Power and control issues
- ▶ Feelings of anger and how to express anger in a healthy way
- ▶ Communication styles, respectful relationships and conflict resolution
- ▶ Planning and problem solving – personal change and boundaries
- ▶ Self-esteem and celebrating your strengths
- ▶ How to move on in your life in a positive, safe direction



Call us 03 688 5029

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