

If you are
frightened that
someone is
going to hurt
you ring 999



Contact Details

To join the course
phone:

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Or email

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For more information:

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Bristol Community
Learning Disabilities
Team



Bristol Easy Access Freedom Programme

A free course for women, about
living with people who hurt us

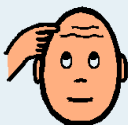


What is the Freedom

Programme?



- A free 12 week women's group

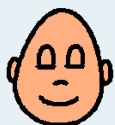


- To help us understand what men who hurt us think

- To help us understand what we think too



- To show what domestic violence does to people



- To help keep us safe in the future

- To improve our confidence



- To tell us where to get help

Who is it for?

This course is for women who have a learning disability or difficulty

There is also a course for women who have been hurt, but do not have a learning disability or difficulty



Mr Wrong



- Hurts us
- Makes us do things we don't want to do
- Makes us feel bad



Mr Right



- Is kind
- Supports us
- Helps us feel happy