

Mr Right



The Friend

The Liberator

Confidence Booster

The Negotiator

The Truth Teller

The Good Father

The Partner

The Lover

Mr Wrong



The Bully

The Jailer

The Headworker

The Persuader

The Liar

The Bad Father

King of the Castle

The Sexual Controller



The Freedom Program

Two hours a week that
could change your life

Any queries or bookings will be dealt with
in the strictest confidence

What is the Freedom Program?

The Freedom Program helps women to understand domestic abuse and its lasting impact. It takes place over 11-12 weeks, each session is 1 ½ - 2 hours long.

Who is it for?

The Freedom Program is open to any woman who has been affected by the impact of an abusive relationship.

You can attend if you are still living with an abusive partner or have left the relationship.

Where is it?

The Freedom Program is currently being run by Pandora Project in King's Lynn, Hunstanton and Swaffham.

www.pandoraproject.org.uk

Charity Number 1159470

What are its aims?

- To help women to identify and understand the tactics, behaviours and beliefs of abusive partners.
- To identify the effects and impact of domestic abuse on children.
- To assist women to recognise potential future abusers.
- To help women gain self-esteem and the confidence to improve the quality of their lives.

To make enquiries about
The Freedom Program
or to reserve a place, please email

freedom@pandoraproject.org.uk

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