

Torbay Domestic
Abuse Service (TDAS)

 Sanctuary
Supported Living

Freedom

Education and
empowerment



A course to educate and empower individuals
to recognise domestic abuse



Freedom is a 10-week course designed to educate and empower anyone experiencing, or at risk of experiencing, domestic abuse.

The weekly sessions will empower you to recognise what domestic abuse is and will:

- Be held in a safe environment
- Support you to recognise an abusive relationship
- Look at the tactics and personality of the dominating individual
- Explore the impact of abuse
- Recognise the difference between healthy and unhealthy relationships

For more information or to take part, please contact TDAS

on **01803 698 869** or

email **tdas@sanctuary-housing.co.uk**

