

# freedom 16-24

support group for younger women



- ✓ Does he ever insult you on Facebook or log into your email account?
- ✓ Does he criticise or undermine you as a Mum?
- ✓ Does he call you hurtful names when you are together, or in front of his friends?
- ✓ Does your boyfriend get jealous if you speak to other men?
- ✓ Does he stop you seeing your friends or family?
- ✓ Does he smash your things, or things around you?

## ***What is Freedom 16-24?***

This new Freedom Programme is a 12 week support group in Kingswood that starts mid-March 2012, for women aged between 16-24 who have been affected by domestic abuse. It is a FREE and confidential service and will help you if you answered 'yes' to any of the questions above.

It is a rolling programme which means you can join at any time.

The sessions are informative, and although they can be hard work sometimes, they are always friendly and we have a lot of fun.

## **A free crèche is also provided.**

### ***Who can come?***

The group is open to any woman between 16-24 years who wants to know more about the reality of domestic abuse, and how it can affect us. Come along and try this out, you are not alone.



For more information or to make a referral please contact:

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**SURVIVE**  
Working against domestic violence in South Gloucestershire and Bristol