

Other Pathways services available:

Groups : You and Me Mum, Self Esteem, Living Life to the Full, Building Bridges.

Other Services: Counselling, NLP and Get It Right Perpetrator Programme.

For more information or if you would like to receive the Pathways quarterly newsletter which details new groups and relevant information please get in touch on 01226 731812.

Alternatively if you are an organisation that would like us to come and talk to you and your colleagues about what we can offer, just ask us.



PATHWAYS FAMILY SUPPORT CENTRE

We can help

Recovery services that help you get back to being you.



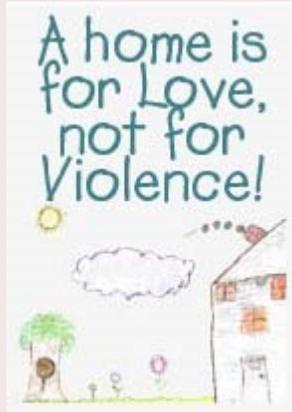
Pathways Family Support Centre

33-35 Peel Parade
Barnsley
S70 2RN

Phone: 01226 731812
E-mail: Pathways.bdv@gmail.com
Facebook: PathwaysBDVG

The Freedom Programme





Freedom

Freedom is a group programme which focuses on how domestic abuse affects you and how to recognise signs of abuse.

You will have the opportunity to safely explore the impact domestic abuse has had on you and will be empowered and supported to move forward.

What to expect

The group runs for 6 weeks at 3.5 hours per week.

You will be with a small informal group of women who have, or are experiencing domestic abuse.

It is a safe and confidential environment, and each woman will bring her own experience and story.

You can share as much or as little as you like; you are not required to share at all.

Its an opportunity to meet new people and make new friends.

We will laugh together and there may be tears, but there will always be tissues, tea and plenty of reassurance..

Weekly content

Each week runs through different categories of perpetrator behaviour to help women understand how this effects them and how to recognise the behaviour:

- 1) The Dominator / The Bully
- 2) The Bad Father - The Effects of Domestic Abuse on Children
- 3) The Headworker / The Jailer
- 4) The Sexual Controller / The King of the Castle / Consent
- 5) The Liar / The Persuader
- 6) Warning Signs & Positive Endings

