

The Eve Project



Domestic Abuse Service

1:1 DA
Support

1:1 IDVA
Support

DA
You & Me,
Mum
Classes

Children
DA Helping
Hands
Classes

The Eve Project



Freedom
Project

Power 2
Change

Women
Empowerment
Programmes

Trauma
Counselling

Please contact us on: 01527-595135

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The Sandycroft Centre

The Sandycroft Centre

Email: the.eveproject@sandycroft.org



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Empowering Women

The Freedom Programme



What is the Freedom Programme?

Freedom Programme is a domestic violence programme which was created by Pat Craven who holds the copyright (all rights reserved) and evolved from her work with perpetrators of domestic violence. We provide information, not therapy.

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them,

The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

If you would like further information, please contact **Natalie** at the Sandycroft Centre on **01527-595135** or Email her at the.eveproject@sandycroft.org

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THE POWER TO CHANGE

The Power to Change

is run specifically for women who are survivors of domestic abuse, and is based on the idea that women working together in a safe, friendly and supportive environment can change their life for the better.

The three main aims of the group are:

1. to change patterns of behaviour, accept responsibility to change and challenge beliefs about experiences.
2. To raise awareness of women's basic rights.
3. To build self esteem, self determination, confidence and empowerment.

Participants often draw strength and benefit from being in the group, being with other women who share similar experiences, understanding the dynamics of domestic abuse. Not only do they increase their understanding of their experiences, but feelings of shame, guilt, fear and loneliness diminish.

