



“ Journey to Freedom showed me I have rights and choices and I am allowed to feel again. ”

“ There are other women in the same boat as myself and we support and help each other. ”

“ Journey to Freedom made me more aware and enabled me to look back and realise I am not alone and it is not my fault. ”

“ Journey to Freedom has helped me to become a stronger person. I can make the right decisions. ”

women's aid

North Down and Ards

*For more information about Journey to Freedom or for someone to talk to, contact:*

North Down & Ards Women's Aid  
Bangor Advice Centre  
18 Bingham Street  
Bangor  
BT20 5DW

Telephone: 028 9127 3196  
Email: [info@ndawomensaid.org](mailto:info@ndawomensaid.org)  
Website: [ndawomensaid.org](http://ndawomensaid.org)



## Journey to Freedom

support group for women with experience of abusive relationships

24 HOUR

## Domestic & Sexual Violence Helpline

FREEPHONE

**0808 802 1414**

Open to *all women and men* affected by domestic & sexual violence

☒ text support to 07797 805 839    ✉ 24hrsupport@dvhelpline.org





*If you are being abused, Women's Aid can help — whether you are still in your relationship or have left*



Journey to Freedom is a 13 week personal development programme and support group for women who have experienced domestic violence.

Journey to Freedom provides a safe and supportive group process to enable women to explore their experiences of domestic violence and the possible impact upon themselves and their children.

The support group provides knowledge to enable women to build self confidence, make informed choices and create positive change.

Journey to Freedom empowers women to look to the future with positivity and hope.

*You don't have to feel alone*



## How can Journey to Freedom help?

If there is physical, emotional, financial or sexual abuse in your relationship, Journey to Freedom can help you to:

- meet other women to talk about experiences, thoughts and feelings in a safe and supportive environment
- recognise the impact of an abusive relationship on you and your children
- find out about patterns within an abusive relationship and gain the knowledge and strength to create change
- build your self-esteem and confidence and learn how to keep safe
- make choices that are right for you
- develop a more positive outlook
- improve relationships and attachments with children
- increase confidence in parenting role and abilities.

## Am I being abused?

You are being abused if your partner/ex-partner or family member persistently and intentionally:

- undermines your decisions and opinions
- criticises your appearance
- blames you for everything that goes wrong
- is jealous and possessive and continually accuses you of being unfaithful
- controls your money
- threatens to take custody of your children or prevents you from seeing them
- isolates you from your friends and family and makes you justify any absence
- physically hurts you in any way
- demands sex, coerces or forces you into unwanted sexual activities
- intimidates and threatens to harm you or those close to you
- injures or hurts your pets.