

We are now taking referrals for our next programme:

Pattern Changing Course

This 12-week educational programme is available for women who have experienced domestic abuse and are looking to break the cycle of ongoing abuse in the future.

- The impact of domestic violence and abuse
- Managing emotions and developing coping mechanisms
- Assertiveness skills
- Decision making & goal setting
- What makes a healthy relationship

Where: 30 Brookvale Road, SO17 1QR

Drinks and snacks provided

Referrals can be made via Yellow Door website

www.yellowdoor.org.uk or call 02380 636312



**Preventing and
Responding to
Domestic and
Sexual Abuse**