

The Power to Change

**Become the person you want to be
Plan for a brighter, safer, happier future**

The Power to Change is run specifically for women who are survivors of domestic abuse or who are still living in an abusive relationship.

It's based on the idea that women working together in a safe, friendly and supportive environment can change their lives for the better.

The Power to Change sessions are free.
They run in various locations across Norfolk and Waveney.
They are held over a period of 6 weeks in weekly 2 ½ hour sessions and refreshments are provided.

The main aims of the programme are to:

- Build your self-esteem, self-determination, confidence and assertiveness
- Understand the effect domestic abuse has on families and children
- Recognise why it's so hard to leave an abusive relationship
- Raise your awareness of your rights
- Develop healthy relationships
- Safety planning

For more information contact: 0300 561 0077

Or email: referrals@leewaynwa.org.uk

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