



# VOICE PROGRAMME



## Victims of Intimate Coercive Experience

A new 10 week programme for anyone experiencing or recovering from an abusive relationship

2hrs a week to learn more about:

- ✓ Identifying abusive behaviours
- ✓ Recognise & manage the impact of trauma on you
- ✓ How you can start to recover
- ✓ Rebuild confidence & self esteem

For more info:



Group Participant



Group Participant

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