

What past participants have to say about *Key to Change*...

"Key to Change gave me **reassurance** that what I've been trying to do in my life is actually **right/good** - especially boundaries."

"Seeing people in the group at different stages has helped me to see **how far I have come** and what I've been dealing with."

"What helped me was being able to identify the feelings following on from domestic abuse and recognising that these are **normal feelings**. Everyone could identify with them."

"The Programme confirmed the severity of the abuse. It helped me to realise **it's not my fault!**"

Key to Change

Understanding domestic abuse, its impact and moving on



About Key to Change

Key to Change is based on NDADA's (North Devon Against Domestic Abuse) Pattern Changing Programme.

Domestic abuse can impact on several aspects of your life. It can affect the choices that you make, how you behave towards others and how you see yourself.

Key to Change is a FREE course which will help you to:

- Understand how domestic abuse has affected your life.
- Rebuild your confidence and self-belief.
- Learn new skills in order to stay safe and move on positively in your life.

Between 6 and 12 women of any age normally attend each Key to Change course so the groups are small, enabling you to get the most out of the sessions. All of the women who attend are domestic abuse survivors.

As a result, your learning takes place in a friendly, non-judgemental and supportive environment. Women who attend Key to Change often develop friendships as a result of sharing experiences and learning together.

Key to Change course sessions take place in different locations throughout North Somerset and we always use welcoming and safe buildings. We can fund essential childcare and travel costs if needed.

Who should attend?

This group is open to women who have been affected by domestic abuse in the past and would like to come to terms with their experiences with a view to moving on.

How Key to Change works

You will be asked to attend an informal one-to-one meeting prior to the course to meet with the trainers and identify any further needs in relation to your emotional wellbeing and support in relation to learning.

Course aim: to change unhealthy patterns of behaviour and break the cycle of domestic abuse.

Objectives:

- To develop a greater understanding of personal safety within the context of relationships.
- To understand the problems of abuse and its realities for the entire family.
- To be aware of lifelong patterns and how they can impact on decision making.
- To set realistic goals and healthy boundaries.
- To consider and apply techniques for new behaviour patterns that break the cycle of abuse.

We have found that to get the most out of the group, you should try to make a commitment to attend all the sessions. *Key to Change* only runs during term time.

Contact

For more information, please contact Sara on **07866 025 287**.

DAFFS (Domestic Abuse FreeFone) Support Line **0800 6949 999** offers free and confidential advice and support if you are concerned about domestic abuse.

