**Freedom Programme** **free course for parents** 

 **Have you ever asked yourself……**

 **What is a healthy relationship?**

 **What is a controlling relationship?**

**Do abusive relationships really affect my children?**

**How can I help my children have healthy relationships?**

The programme will inform you about abuse, control and coercion,

warning signs, the effects on children and positive relationships.

The course lasts for two hours a session for 10 weeks. It is a talking course and very informal and friendly. You DO NOT need to be in or to have been in an abusive relationship nor relate any of your personal experiences. **You do need to be a parent and all groups are single sex.**

*A crèche is provided if needed (please ask*

*early as there will be limited spaces).*

*We will provide refreshments during the break.*

 **Course will begin on:**

Friday 22nd March 2019

9.00-9.30am start and 11.00-11.30am finish

At Caia Park Partnership, “The Flat”, Blue Building, Caia Park, Prince Charles Road, Wrexham, LL13 8TH

***Referral:***

***You can refer yourself by asking at the partnership, asking your Flying Start health visitor to call Jane Bowen at Ty Ni Family Centre 01978 295676 / Sarah Gray 01978 268850. Calling Jane or Sarah yourself, or ask any services you are working with to refer you.***

**Or come along to the first session to register yourself and meet us.**

**There is a certificate given on completion of the whole course.**

**Course dates:**

**Friday**

 **March 22nd 2 week Easter break May 24th**

 **March 29th May 3rd May 31st**

 **April 5th May 10th June 7th**

 **April 12th May 17th**