

Is it time to change?

– We can help you:

Recognise, acknowledge and change abusive, coercive, and controlling behaviours

- **Learn** what healthy relationships look like and how best to achieve it
- **Respond** to your emotions without causing harm or distress to others
- Know how to **communicate** effectively respecting another's emotional and physical boundaries
- **Understand** the impact of harmful relationships on children
- **Develop** positive habits and improve your mental health

...but you need to take the first step!



Scan this QR code for more information or to self-refer

You will work with a professional to understand your thoughts, feelings, and behaviours in a safe, non judgemental and supportive space. We will support you every step of the way.