

THE GATEWAY PROGRAMME

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Course starts

Every

Time

Telephone

The choice to attend is yours



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Information for Participants

THE GATEWAY PROGRAMME



Provides a chance to:

- Meet others who understand
- Learn more about why/how abuse in relationships happens
- Learn about the tactics/behaviours used to control
- Work out how to be safer
- Understand why it may be hard to leave
- Consider options and choices

Why this course:

During controlling relationships people often feel:

- Powerless because they can't stop the abuse
- Confused because it doesn't make sense
- Angry or hurt because it shouldn't be happening
- Guilty because they think they have done something wrong
- Afraid of their partner's anger
- Ashamed because they think they are allowing this to happen
- Alone because they think it is only happening to them

Ever ask yourself... ?

"If this is love, why does it hurt?"

"Why do I put up with this?"

"What can I do to stay safe?"

"Who would I go to for help?"

"Is it my fault?"

"How can I support my family?"

"Why does this happen to me?"

"How can it be abuse if I have never been hit?"

"Am I the only one?"

"If I change will things get better?"

Gateway aims to help find answers to questions like these and many more.

Confidentiality, who will know?

The group is confidential to make sure participants feel safe and comfortable. The only people who will know that you are attending are your referrer, the facilitators and you.

By talking to someone you have made the first step.

