



## Let's make changes

A voluntary programme assisting those concerned they might be hurting, scaring or controlling their partner and who want help making changes.



### For Individuals

Relationships can be challenging and make us feel vulnerable. Being intimate with someone means getting close enough to get hurt.

This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to. We sometimes find ourselves behaving in ways which hurt or scare the people around us.

### For Partners & Ex-Partners

Relationships have their ups and downs. However, that doesn't mean your partner or ex-partner has the right to hurt or scare you, to call you names, to intimidate you or control what you can or can't do.

Whether it's a partner or ex-partner who's treating you like this, we can help them to start making positive changes.

### For Professionals

If you suspect that someone you know is mistreating their partner, get in touch.

Changes is a voluntary programme that assists those who are concerned that they might be hurting, scaring or controlling their partner and who want help to make it better.

We help them make positive changes in their life so they stop their abusive behaviour towards their partners.

**This service is completely free of charge and tailored to meet individual needs.**

## Who should **change**?

If you know someone who you think would benefit from the Changes programme and would be motivated to attend, please contact us.



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