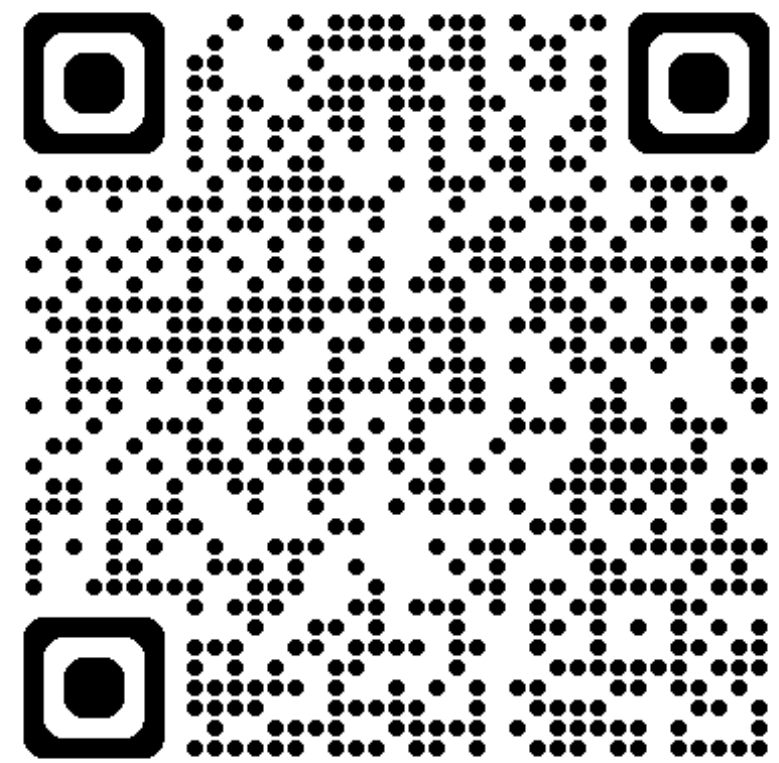


Are you ready to change?

The O2C programme offers both group sessions and one-to-one support, providing a safe space to explore relationships and develop the skills needed for a healthier future.

OPEN²CHANGE

Behaviour Change Programme



Through guided support, you'll work on:

- Healthy relationships – understanding respect, trust and equality
- Communication – expressing yourself clearly and listening effectively
- Core beliefs – exploring the values and experiences that shape your behaviour
- Managing conflict – learning positive ways to handle anger, stress and disagreements



Ready to take the first step?

Scan the QR code to self-refer and begin your journey of change today

Contact Us

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CHANGE