

# Family Learning

with Birmingham Adult Education Service

## Freedom Programme

This **free** course aims for women only to focus on raising awareness around domestic abuse. It aims to address coping strategies to safeguard children and women.

### What will Parents/carers/young persons learn?

1. An awareness of how to keep themselves safe in a relationship
2. The different forms of domestic abuse
3. Strategies to raise their self-esteem and confidence

### How long is the course?

This will be a 10-week programme delivered over 2 hours a week with adults/young persons only.

### What could this course lead to?

This course could lead to personal development opportunities and other accredited courses such as counselling. At the end of the course, we will provide information about other learning opportunities and courses for adults/young persons to join in the local area.

To find out more about this course please contact a member of the Family Learning Team on [pereran@baes.ac.uk](mailto:pereran@baes.ac.uk)