

Is this for me?

If your honest answer to any of the following questions about either a current or ex-partner is 'YES' we want to work with you.

1. Have you ever criticised, put-down or humiliated them?
2. Have you ever tried to stop them from seeing certain people?
3. Have you ever threatened to hurt them or damage their belongings when you are angry?
4. Have you ever hit, grabbed, spat at, pushed or kicked them?
5. Have you ever sulked if you don't get what you want sexually?

How much will it cost?

Depending on your circumstance our programme may be completely free, but sometimes requires a financial contribution. There is no cost for calling and speaking with someone about our Bridging to Change programme at TLC: Talk, Listen, Change.

Who can contact us?

Anyone can contact us. You can approach us directly or can be referred by a professional you are already working with. You can contact us for yourself or to get advice for someone else. Everyone who contacts us, regardless of age, gender, sexual orientation, beliefs or ethnicity, will be treated with equal respect and in a non-judgemental way.



Bridging to change

Contact us to see how we can help.

0161 872 1100

9am - 9pm || Monday - Friday

bridgingtochange@talklistenchange.org.uk

www.talklistenchange.org.uk

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TalkListenChange

Domestic Violence Prevention Programme

Helping men who
use violence or abuse in
intimate relationships



RESPECT
ACCREDITED

If you use violence or abuse in your intimate relationships, TLC: Talk, Listen, Change can help you.

We can help you to take responsibility for your behaviour and change your approach to relationships with women and any children in your life.

When should you contact Bridging to Change?

- If you feel that your behaviour might be abusive and you want to understand this better.
- If your behaviour has affected your partner, ex-partner or children.
- If you want to take time to stop any abusive behaviour.

Examples of abusive behaviour are:

- **Shouting**
- **Saying things which you later regret**
- **Hurting a partner**
- **Criticising a partner**
- **Damaging things**
- **Telling a partner where they can go and what they can do**
- **Controlling money**
- **Pressuring a partner to have sex**

We can help you to:

- **Change your abusive and controlling behaviour**
- **Take positive steps to improve the safety of those around you**
- **Take responsibility for ending your abuse**
- **Learn respectful behaviour**
- **Recognise behaviour that is unacceptable and must be challenged**
- **Change how you think about intimate relationships**
- **Improve the quality of life for others and for yourself**

It is important to remember that changing abusive behaviour is always a positive step to take, so don't feel that it is ever too early or too late to find out about our service.

How we will support you

First Step - Call us for some information

We are happy to talk to you about our service and answer any questions that you may have.

Second Step - An initial assessment

This will be with a member of our specialist team and is an opportunity to discuss the programme, whether it is suitable for you and decide what the best next step is.

Third Step - Up to 10 Individual sessions

Fourth Step - Attend 30 group sessions

It's really important to stick with it. To keep coming to the sessions and take responsibility for your behaviour and change your attitude to women and children.

Support for Partners

After your initial assessment we will contact your partner or ex-partner. A Partner's Support Worker will offer them information on the service and help them focus on their own needs. This is separate from your programme.