

# GROUPWORK PROGRAMMES FOR ADULTS



## YOUR POWER TO CHANGE

10 week programme for individuals displaying behaviours of a perpetrator

Aims of the programme:

- Aims of the programme:
- To provide a clear understanding of what domestic abuse is and consider how these behaviours are experienced through the eyes of both victim and children.
- To allow participants to identify unhealthy behaviours and explore strategies to work towards positive change.
- The programme also examines how positive parenting can implement change.



VIRTUAL COURSES AVAILABLE



NEXT STEPS...

- Professionals will need to complete a referral form located on [www.ndas.co/professionals/](http://www.ndas.co/professionals/)
- Self referrals can be made by calling 0300 0120154 or emailing [advice@ndas-org.co.uk](mailto:advice@ndas-org.co.uk)
- Your referral will be passed to one of our Support Workers for assessment.
- We will be in contact within 10 working days to confirm acceptance to the support programme.

[WWW.NDAS.CO/](http://WWW.NDAS.CO/)