

How much will it cost?

There is no charge for accessing this support. All costs are picked up through the work that Bridging to Change deliver to men.

Is it confidential?

Yes. Names and contact information will not be passed to any other individuals or organisations unless we have reason to believe that someone, particularly a child, is at risk of serious harm.

How do you protect the people you work with?

The safety of children and all vulnerable people we work with is vital. We believe that working together with other agencies to support any changes made is the best way to promote safety.

Who can contact you?

Anyone can contact us to ask for information or discuss the support we offer. Everyone who contacts us, regardless of age, beliefs or ethnicity, will be treated with equal respect and in a non-judgemental way.

To see how we can help call

0161 872 1100

9am - 9pm || Monday - Friday

www.talklistenchange.org.uk

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TalkListenChange

Head Office, 346 Chester Road, Manchester, M16 9EZ

Bridging to change

Partner Support Programme

Supporting women whose partner or ex-partner has been referred to the Bridging to Change Domestic Violence Prevention Programme



RESPECT
ACCREDITED

We are here for you.

If your partner or ex-partner has been referred to the Bridging to Change Domestic Abuse Service, TLC: Talk, Listen, Change can support you by:

- **Helping you to find ways you can keep yourself and your children safe**
- **Giving emotional and practical support**
- **Listening to you about any concerns or fears**
- **Helping you to think about the future and make any choices that will make things better**
- **Giving you information and advice on other services that may help, for example about housing, law, immigration or counselling**

Abusive behaviours damage relationships

We are here for you, whatever you've been through. Our support can help if you have faced any form of domestic abuse, for example:

- **Shouting at you**
- **Hitting, spitting at, grabbing or kicking you**
- **Criticising or humiliating you, or putting you down**
- **Damaging things**
- **Telling you where you can go and what you can do**
- **Controlling money**
- **Pressuring you to have sex**
- **Having issues with jealousy**
- **Isolating you from friends and family**

No one has the right to control or abuse you or your children. Bridging to Change promotes healthy and happy relationships built on equality and respect. We also work with men to help them:

- **Change abusive and controlling behaviours**
- **Take responsibility for putting a stop to their abusive behaviours**
- **Learn respectful behaviour**
- **Recognise that violent or abusive behaviour is unacceptable**
- **Change their thinking about intimate relationships**
- **Make positive steps towards a safer and better life for others and themselves**