



For further information on how to refer to **Commit 2 Change** contact the team on:

**0151 282 1405**  
**0151 330 5261**

Or visit:

**[www.sefton.gov.uk/behindcloseddoors](http://www.sefton.gov.uk/behindcloseddoors)**

**Commit 2 Change** is run in conjunction with Sefton Women's and Children's Aid (SWACA) and Sefton IDVAs (Independent Domestic Violence Advisors)

## Recognising abusive behaviour

Domestic abuse isn't just physical. Name calling, smashing things, making threats, going through your partner's phone, controlling who your partner sees, constantly checking up on them, making all the decisions, withholding money, using the children as a way of getting at your partner/ex partner. These are all examples of abusive behaviour.

It can be tough facing up to difficult problems, but it's never too late to make a change.

**Commit 2 Change** can help you

## Further information and support

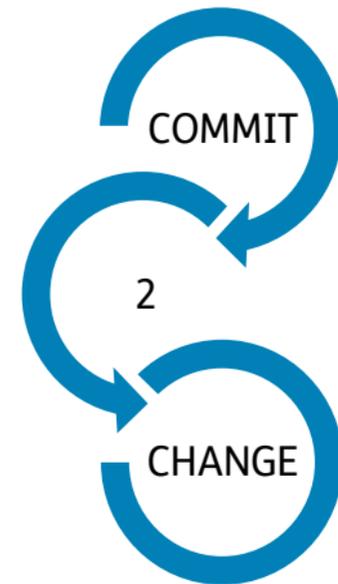
**Respect** has a helpline, email and webchat service for individuals using abusive behaviour looking for help to stop.

Partners or ex-partners, as well as concerned friends, family members and professionals can also contact them for information, advice and support.

**Contact:**

**[www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)**  
**0808 802 4040**

## Helping men to build strong healthy relationships



Sefton Council 

## Why attend?

Domestic abuse includes physical, emotional and sexual abuse and has a huge impact on families. It's never too late to recognise abusive behaviour and access support, all we need is your readiness and **commitment to change**.

**Commit 2 Change** supports relationships to become happier and healthier by helping men take responsibility for their own behaviour.

**Commit 2 Change** helps support the whole family by providing interventions for men, women and children experiencing domestic abuse.

## Programme aims

**Commit 2 Change** will help:

- Halt or avoid the use of violence, abuse and controlling behaviour within your relationship;
- Create awareness of the effects of domestic abuse on families;
- Help you deal with arguments without resorting to abuse;
- Increase your confidence and self-respect;
- Give you skills to help you have a positive healthy relationship with your partner and children;

## Programme format

**Commit 2 Change** is a structured **voluntary** group work programme.

Sessions run once a week from 6-8pm.

The programme is run in **three phases** and requires a total commitment of **8 to 12 months work**.

Trained facilitators work closely with attendees throughout the programme to offer advice and guidance.

Regular drop in sessions and other support services are also offered.

## Programme eligibility

You can sign up for the **Commit 2 Change** programme if you are:

- ✓ A man aged 18+ living in Sefton;
- ✓ have a child/children;
- ✓ agree to complete an assessment with a trained facilitator;
- ✓ acknowledge abusive behaviour is/has been a problem in your relationship;
- ✓ accept that you can stop YOUR abusive behaviour;
- ✓ prepared to make a commitment to having a positive, healthy relationship with your partner and children.