

# Freedom Programme January 2026 - Feedback

Freedom Programme

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TESTIMONIAL

**I understand the signs of abuse and what abuse has done to my family**

Participant 2026

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[Info@riseagainstabuse.com](mailto:Info@riseagainstabuse.com)

Freedom Programme

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TESTIMONIAL

**Really eye opening and informative**

Participant 2026

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[Info@riseagainstabuse.com](mailto:Info@riseagainstabuse.com)

Freedom Programme

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TESTIMONIAL

**I found this very enlightening. Even though I've taken the course before, I still learned new things. The facilitators created a supportive, safe space to learn and process the abuse, and I feel very validated.**

Participant 2026

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[Info@riseagainstabuse.com](mailto:Info@riseagainstabuse.com)

Freedom Programme

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TESTIMONIAL

**I would highly recommend anyone to do this course. It really has been brilliant.**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Really helpful and informative, with lots of “light bulb moments.” It's sad, but reassuring to know you're not alone. The facilitators are amazing and make difficult content easier to process.**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Very helpful and it was very much needed thank you for showing me how many different types of tactics of abuse there is and how they use them, like you say I watch a movie and I point out like ah that's a headworker lol.**

Participant 2026

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TESTIMONIAL

**Lots of helpful information and learnt lots of information and insight towards what domestic violence is and how it can affect the people and children around you**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**I really felt I have learned a lot from the freedoms programme and I am more aware of certain types of abuse**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**I found it really useful. It was interactive all through, informative and with any pressure or judgement**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Very informative, educational and I learned a lot about all kinds of tactics the dominator uses.**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Amazing so much information and support was given too me wonderful safe space**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Really helpful, a big eye opened and I have learned a lot from it**

Participant 2026

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TESTIMONIAL

**Online - Very enlightening, made me think and explore**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Very helpful and has help me through a lot**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Good enjoyed being with like minded women**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Very helpful and gained more confidence**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**Feel more confident and it's made my relationships around me stronger knowing it's not my fault**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**I am starting feeling stronger**

Participant 2026

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TESTIMONIAL

**Please don't stop helping victims of domestic abuse. We need your help**

Participant 2026

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Freedom Programme

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TESTIMONIAL

**It's made me reflect on what's right for me and my kids and be more careful about who I let into my life. I won't make the same mistakes again —I'm a better mother, friend, and person, and my family has noticed the change. Thank you.**

Participant 2026

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Freedom Programme

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Freedom Programme

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TESTIMONIAL

**This course is absolutely amazing and will change women's lives forever you should all be very proud of yourselves your doing great**

Participant 2026

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