

Maybe you are thinking...

"It will never happen again?" Do something before the next time.

"It's not that bad." How bad will it need to get before you do something?

"It's not me, she pushes me too far." Only you can take control over your own behaviour.

No matter how angry you feel, it is never OK to scare or hurt your partner. We won't judge you, we won't criticise you. We will support you in your efforts to change your behaviour towards your partner.

we can help just call
 **03000 20 25 25**
Local rate call
www.myharbour.org.uk

Do you want to
stop
your abusive behaviour
towards a partner?

we can help just call
 **03000 20 25 25**
Local rate call

we can help just call
 **03000 20 25 25**
Local rate call
or email us on
mensservice@myharbour.org.uk
or text 'Harbour', with your message to: 60777
www.myharbour.org.uk

registered charity number: 1086897
This leaflet is available in other languages and formats, call 03000 20 25 25 to request this.

MS/13



Have you abused your partner or ex-partner in any of the following ways?

- Called her names and put her down
- Stopped her from seeing family and friends
- Controlled her money
- Threatened her or your children
- Attacked her or her family
- Forced her to have sex
- Used jealousy to control her
- Smashed furniture or destroyed her belongings
- Blamed her for the abuse

If you want to change then we can help you.

Who is the Harbour programme for?

Any man who wants to end his abusive behaviour towards a female partner or ex-partner.

How can I get on the programme?

You can call Harbour yourself. We will take your details and send you an information pack. As soon as a place becomes available we will contact you to arrange a first meeting.

What happens at the meeting?

There are between one and four meetings with a member of the project staff to assess what changes you wish to make and whether the group programme is suitable for you.

What happens on the programme?

We work in small groups. The groups are held in the evening once a week.

The programme will help you to take responsibility for your actions and have control over your life. Building a respectful relationship is not only about ending your violence, but ending the other behaviours you use to control your partner.

What about my partner?

Harbour will offer support to your partner or ex-partner and your children, if appropriate.

