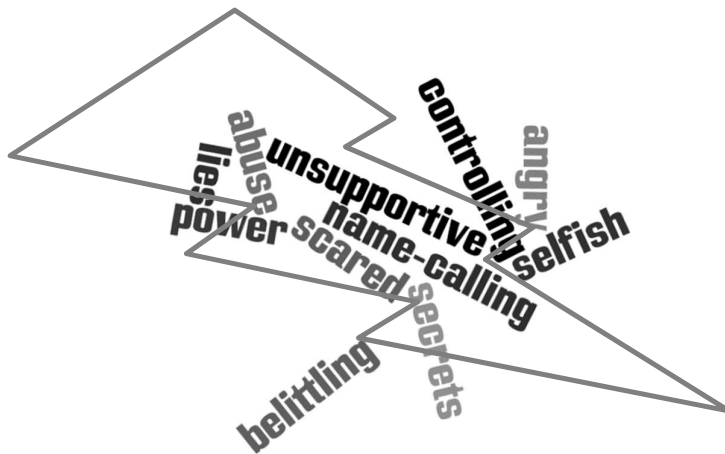


Is your relationship healthy?



or unhealthy?



A free 10 week course available to women affected by domestic abuse

www.pandoraproject.org.uk

Charity No 1159470

What is **Open The Box**?

Open The Box programme is a 10 week course helping women to understand and recover from the impact of domestic abuse. It looks at breaking the cycle of abuse by exploring what makes a relationship abusive. It increases confidence and self-esteem through knowledge and learning. The course has been developed using feedback and input from our clients.

Who is it for?

Open The Box is a free course to any woman who has been affected by an abusive relationship. We can't offer this to women who are currently still in an abusive relationship for safety reasons.

Where is it?

Open The Box is currently being delivered in various locations across Norfolk. If you are an organisation who wants us to run it in your area or discuss options, please get in touch.

What are its aims?

- To help women identify and understand domestic abuse
- To understand the effects and impact of domestic abuse on children
- To enable women to spot the warning signs for future relationships
- To help women gain self-esteem and the confidence to improve the quality of their lives
- To give women the knowledge and tools to live a safer and happier life, free from abuse
- We look at family history helping women to understand and break the cycle of abuse

To make enquiries about **Open The Box** or to reserve a place, please contact us

info@pandoraproject.org.uk