

Contact Us

For more information about the service and how to access support, please get in touch with us.



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**30 Brookvale Road
Southampton
SO17 1QR**
(by appointment only)

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Yellow Door (Solent) is a registered charity (1111753) and a company limited by guarantee (5486084) registered in England and Wales.



PATTERN CHANGING COURSE

DOMESTIC ABUSE TEAM



**Preventing and
Responding to
Domestic and
Sexual Abuse**

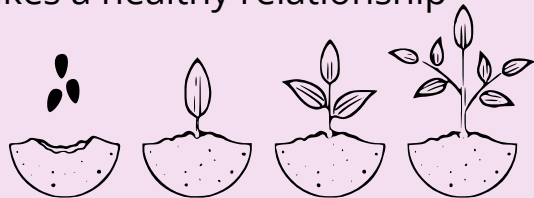
Yellow Door are pleased to be able to offer a range of psychoeducational programmes and groups developed specifically for those affected by domestic abuse.

Pattern Changing

This 12-week educational programme is available for women who have experienced domestic abuse and are looking to break the cycle of ongoing abuse in the future.

The weekly sessions offer participants the opportunity to reflect on their experiences with others in a safe and comfortable space, and focuses on the following topics:

- The impact of domestic violence and abuse
- Managing emotions and developing coping mechanisms
- Assertiveness skills
- Decision making & goal setting
- What makes a healthy relationship



When is it?

The next course will take place:

- **From** - Thursday May 2nd to July 18th
- **How long for** - 12 weeks, excluding school holidays.
- **Time**- 10am-12pm
- **Venue**- Yellow Door, 30 Brookvale Road, SO17 1QR



I am more aware of what a healthy relationship looks like and what I can expect and want. I know how to better take care of myself and don't feel scared in setting boundaries. I am saying no to things that do not give me fulfilment and I do not let myself feel guilty about saying no. I don't let others guilt trip me in to anything.

Client who completed the Pattern Changing course



How can I refer?

If you are interested in this course, you can complete a referral form on our website www.yellowdoor.org.uk or call the admin team on [02380636312](tel:02380636312).

If you are completing the referral on behalf of someone else, please ensure you have their consent before submitting the referral.