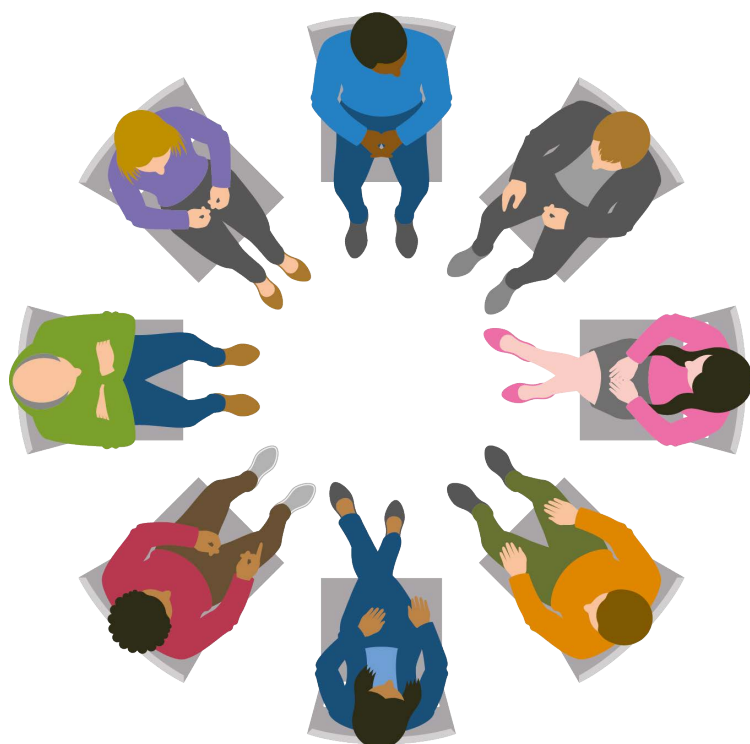


A SERVICE IN CUMBRIA SUPPORTING FAMILIES EXPERIENCING DOMESTIC ABUSE



We aim to provide a holistic approach incorporating a greater focus on preventing the development of abusive behaviour in individuals and enabling people who are already causing harm to change their behaviour



We have programmes running throughout Cumbria.

For information and support:
Contact us by telephone on: 0300 30 30 157
Contact us by email:
turningthespotlight@victimsupport.org.uk
Call Supportline outside of 9am-5pm:
08 08 16 89 111
Use Next Generation Text (add 18001 before any of our phone numbers)
Online: victimsupport.org.uk/cumbria/

Scan the QR code for our referral form



HEALTHY RELATIONSHIPS PROGRAMME

Twelve session voluntary course aimed at individuals who are causing harm. The group setting encourages people to share their own behaviours, preventing negative ones' resurfacing.

PARTNER PROGRAMME

Seven session course running alongside the Healthy Relationship programme supporting the individual to understand the direction of change for their partner/ex-partner so they can work together to bring about positive changes in their relationship.

CHILDREN MATTER PROGRAMME

For parents who have successfully completed the Healthy Relationship/partner programme and want to explore how conflict impacts on children and how to avoid it in the future to build a harmonious family life.

