



**Interventions
Alliance**
Part of the Seetec Group



Domestic Abuse Support: Healthy Relationships Intervention

We want to help you make a fresh start, by building lasting positive personal relationships.

You can develop a greater understanding of what makes a healthy relationship and change harmful behaviour. We will work with you to achieve this when you join the Healthy Relationships Intervention.

The Healthy Relationships Intervention aims to respond to domestic abuse, by encouraging you to understand the choices needed to make a change. You will work with a professional to understand your thoughts, feelings and behaviours in a safe, supportive space, so you can develop skills to manage these better in the future.

By attending these sessions in a non-judgemental, supportive and safe space, you will benefit from:

- ▶ Learning what a healthy relationship looks like and how best to work to achieve that;
- ▶ Knowing how to communicate effectively whilst respecting another's emotional and physical boundaries;
- ▶ Responding to your emotional responses with awareness, to create positive behavioural change and without causing harm or distress to others; and
- ▶ Understanding the impact of harmful relationships on children.



For more information, visit our website page by accessing this QR code through the camera app on your smart phone.

David, who attended this programme, changed his way of thinking:

“What’s in front of you is most important, you can’t change what you’ve done but you can change the future.”

Through David’s courage and commitment to turn his life around, and with the support of his Domestic Abuse Officer, he paved the way for a much brighter future. We would want this for you too.

To learn more and seek an initial enrolment conversation with our Healthy Relationships Intervention team, please email:
BCSSU@interventionsalliance.com

About us

Interventions Alliance is working with justice partners to deploy interventions that work towards building a better future and improve the wellbeing of participants. We are committed to helping people break down the barriers they may face by providing support that is delivered through an evidence-led approach.

www.interventionsalliance.com