

The Bridge

If you accept responsibility for your own behaviour and want to change -

Some comments from men who have attended The Bridge:

'...I have been put at ease all the way through the programme and have never felt that I have been judged at any time..'

'....It has been very useful as I don't get to talk about my relationship or life in general to anybody...'

'.....Me and my partner are getting on much better now. Thank you'

'.....Everything is going fine at the moment, things for us are looking good and are getting stronger as I am now working alongside her instead of trying to drag her along like I used to. It makes me happier as I feel more fulfilled for this...'

IF YOU ARE WORRIED ABOUT YOUR BEHAVIOUR TOWARDS YOUR PARTNER AND NEED TO TALK TO SOMEONE, YOU CAN CALL:

The Respect Phone line

0845 122 8609

Advice, Support & Emergency Accommodation

Coventry Cyrenians

Men's Services

024 7622 8099

Valley House

024 7626 6280

Benefits

Coventry City Council

Benefits advice line

024 7622 8952

For women

National Domestic Violence Helpline

0808 2000 247

The Bridge

New Housej
Hertford Place
Coventry
CV1 3JZ

Phone: 024 7622 5863
Fax: 024 7622 2051
Email: thebridgeinfo@relatecoventry.org



Promoting Equality & Respect in Relationships

MEN'S SERVICES

relate
the relationship people

024 7622 5863

**Domestic Abuse does not have to
be physical to be abusive**

**HAVE YOU EVER USED ANY OF THESE
BEHAVIOURS WITH YOUR PARTNER?**

CRITICISM

Put her down, called her names?

CONTROL

Told her what to wear or who to see?
Checked her mobile, texts or post or
followed her?

INTIMIDATION

Thrown or smashed things, threatened
her?

VIOLENCE

Slapped, punched, pushed or kicked her?

DENIAL OR BLAME

Said that she deserved it? That she made
you do it? Told her it was all her fault?

IF SO,

YOU ARE BEING ABUSIVE

THERE IS HELP AVAILABLE

The Bridge Programme has been developed to give men the opportunity to look at their negative behaviour and make positive changes.

Your support begins with individual sessions where we will talk to you and determine whether The Bridge can help you and also if you want us to. You can then choose to access our 27 week group programme which will give you the opportunity to change your behaviours in intimate relationships. The group runs for 2 hours once a week.

YOUR PARTNER

Women's and children's safety is of paramount importance to us, so your partner will be offered support through the Women's Support Services. The Bridge is a holistic programme in that we offer support to you, but also ensure the safety of your partner and children by providing practical information for them.

**WE ARE NOT HERE TO
JUDGE OR BLAME YOU**

WHAT CAN YOU DO?

- Accept responsibility for your own actions
- Accept that you need to change & that you **WANT** to change
- Call The Bridge

WHAT DO YOU DO NEXT?

Contact The Bridge at Relate Coventry. You will be offered an initial interview to consider your suitability for ongoing support. If you decide that you want to make changes then you will be offered a place on the programme.

**WE CANNOT GUARANTEE THAT YOUR
PARTNER WILL STAY WITH YOU.
NEITHER ARE WE HERE TO
SPLIT YOU UP –
WE ARE HERE TO HELP YOU CHANGE**