

# *Victim/survivor of domestic abuse*

Domestic abuse also known as domestic violence .

Anyone can be a victim of domestic abuse regardless of gender, age, race, religion, sexual orientation, socio-economic background etc.

There is no typical victim. It is manifested as a pattern of abuse toward an intimate partner however, can include children and anyone living in the same environment. No one deserves to be abused no matter what situation they find themselves in.

How I can help you;

- ⚓ Explore the cycle/phases of abuse if you
- ⚓ Recognising yourself as a potential abuser
- ⚓ Discuss forms of abuse
- ⚓ Help for victims of domestic abuse
- ⚓ Explore tools and skills to rebuild your confidence and life again

