

sw!tch

SAFERWAYS INFORMING
THE CHOICES AT HOME

Are you hurting
someone you love?

Do you want to start
making changes?

Are you worried
about your
behaviour?

Are there lots of
arguments in the
family home?



Gateshead
Council

switch

**SAFERWAYS INFORMING
THE CHOICES AT HOME**

SWITCH (Safer Ways Informing the Choices at Home) is a 16-week behaviour change programme, delivered on a one-to-one basis, for people who have displayed abusive behaviours but are wanting to make changes by learning new coping strategies and techniques.

To be referred, you must be over the age of 18, have a connection to Gateshead (such as live or work in the borough) and acknowledge that you have been abusive and are willing to make changes.

If you feel you would benefit from the SWITCH programme or would like further information, please contact programme managers Mark Cheetham on 0191 433 2345 or Bev Coombs on 0191 433 5053.