

Men's Programme April 2026 - Feedback

MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"I have a better understanding of domestic abuse and how this affects myself and others"

- PARTICIPANT, 2026

INFO@RISEAGAINSTABUSE.COM

MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

This course has changed my life, I am really grateful to Rise Against Abuse for facilitating these group sessions.

- PARTICIPANT, 2026

INFO@RISEAGAINSTABUSE.COM

MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"Very good and helpful i learned alot of things from this course best course I have ever had in my life, very friendly team and participants "

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"This course was highly valuable and insightful. It helped me recognize abusive patterns in my behaviour and taught me healthier ways to communicate and handle conflict."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"Because you can recognize how certain beliefs led you down a harmful path, this course gives you the tools to change, take responsibility, and move forward without repeating those patterns."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"I believe it's a valuable course. It has taught me a great deal about relationships and helped me better understand abusive behaviours. I also think this is something that should be taught in schools, so people can learn these lessons early and build healthier relationships."

- PARTICIPANT, 2026

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PARTICIPANT FEEDBACK

"It helped me understand things in much greater detail and gave me a clearer insight into domestic abuse."

- PARTICIPANT, 2026

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"I have a better understanding of domestic abuse and how this affects myself and others"

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"A well-organised and informative course that raises awareness and improves understanding of domestic abuse and its impact on families, parents, and children."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"the course has had a positive impact on my daily life. I've learned a lot about behaviour, how my actions affect others, and the importance of taking responsibility. It has helped me reflect on the past and find healthier ways to communicate and handle conflict."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"I would recommend this course to other men because it helps you understand behaviour and the impact your action can have on others. The programme encourages you to reflect on your choices and take responsibility for them and learning how to make more positive decisions in everyday life and relationships"

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"It's made me more aware of my actions and my words, and this inspired me to teach my children how to respect and care for one another."

- PARTICIPANT, 2026

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"I have learnt that it's very easy to be unaware of your own behaviour, and this course helps to identify your own faults."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"It helps you better understand how your actions affect others. I really liked the facilitators. They made the course engaging and interactive."

- PARTICIPANT, 2026

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MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"The facilitators create a safe, non-judgemental space. The course is eye-opening, helping you understand how abuse affects others. I think this should be taught in schools so people can recognise these belief at an early stage."

- PARTICIPANT, 2026

INFO@RISEAGAINSTABUSE.COM

MALE FREEDOM PROGRAMME

PARTICIPANT FEEDBACK

"I now better understand domestic abuse and its impact on myself, others, and my children. I can recognise abusive behaviours and have started to change my own."

- PARTICIPANT, 2026

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