



change that lasts

the right response to domestic abuse



## It starts with you...

Do you know what to say if someone tells you about a harmful relationship?  
Do you want to raise awareness of what a healthy relationship is?  
Do you want to be a **Change That Lasts Community Ambassador**?

You are invited to attend a free 12 hour training course.  
The course is open to all; please let us know what you need to enable you to attend.

**4th & 11th March 2022**

Please note you will need to attend **both** training days.

**Contact:** [jessica.taylor@mysistersplace.co.uk](mailto:jessica.taylor@mysistersplace.co.uk) or 07925648089

**Together we can break the silence of domestic abuse.**

[www.mysistersplace.co.uk](http://www.mysistersplace.co.uk)



**My Sisters Place**  
Domestic Abuse Service

The Change That Lasts Ask Me scheme was developed in partnership between Women's Aid Federation of England and Welsh Women's Aid

My Sisters Place Registered Charity Number  
1137319