



**make a
change**

**Worried by
how you're
treating
someone
you love?**

**It's never
too late
to make a
change.**

Make a Change is a free course available in Lincolnshire for anyone who is struggling with arguments with their loved ones, and wants to make things better for themselves and their families

Call us on 01522 246616 for a confidential chat about how we can help.

“ People make mistakes, but change is everything. Getting help was the best thing I ever did. ”

Get in touch to learn more, or refer yourself or someone you know:



www.makeachange.uk.net



01522 246616



referral@makeachangelincs.org.uk

RESPECT

MEN & WOMEN WORKING TOGETHER TO
END DOMESTIC VIOLENCE

change that lasts

the right response to domestic abuse