



'TALK:4M is Families First Bedfordshire's service for MALE victims of Domestic Abuse.'

Our TALK:4M peer group programme is aimed at empowering men to cope and recover from the abuse, and to feel they have a sense of belonging and support in their community.

This programme helps you to shift and re-focus your thoughts and feelings, and I am so thankful for what it has given me. After so many years of feeling lost and broken, it has given me my life back

The early feelings of shame, frustration and at times, anger, are slowly replaced by feelings of hope, clarity and acceptance. It is very easy to blame yourself for your life experiences and what happened to you, but this is self-debilitating and stops you from being able to move forward.

Most importantly of all, it has taken away the shame and stigma of the domestic abuse I have experienced. For many years I failed to seek help as I was embarrassed and I thought I was alone in what I went through. Then when my life was falling apart and I finally sought help, it took me a long time to find a source of support, as all I could find were support services for women.

Next Group Starts September 2019 for 12 weeks.

Please contact us for more information and a referral form. Venue details will be shared upon request. Open to Bedfordshire residents.

Email: safeguarding@familiesfirstbedfordshire.org.uk