

## How much does it cost?

C2C is free to Coventry City residents.

## Who can access C2C?

It is open to anyone over the age of 18 years living in Coventry. We work with both men and women who identify themselves as straight, gay, lesbian, bi or transgender.

The Centre works with people from all ethnic, religious and cultural groups across the city and will work to meet the unique needs of all diverse groups.

## Where are the groups held?

The groups are held in Coventry close to the City Centre. Direct transport links are available.

## Further help and advice

Safetotalk helpline - local provider of Domestic Abuse Support Services  
**0800 1114998**

National Respect Helpline  
**0808 8024040**

Domestic and Sexual Violence Helpline  
**0808 802 0028**

Respectful Relationships  
Safer Families  
Stronger Communities

Relate Coventry & Warwickshire  
1110A Elliott Court  
Coventry Business Park  
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Coventry  
CV5 6UB

Telephone: 024 7622 5863  
Mobile: 07776 659972  
Email: [c2c@relatecoventry.org](mailto:c2c@relatecoventry.org)

[www.relatecoventry.org](http://www.relatecoventry.org)

Relate Coventry & Warwickshire in partnership with Coventry Haven and Panahghar promotes positive communication and reducing the use of abusive behaviours.



Relate



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# Choose 2 Change

## Are you hurting the one you love?

Choose2Change (C2C) is a service which helps men and women who want to change the way they behave in their relationships and offers support to their partner.

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## What is C2C

C2C provides interventions that are designed to help people stop using abusive behaviour towards an intimate partner and others.

Alongside ending abusive behaviour we will work on developing better relationships with family and friends and increasing self-respect. The ways we will do this are through group programmes and individual sessions. The group programme is delivered over 18 weeks and is a weekly commitment of 2.5 hours.

## Am I being abusive?

All of the behaviours below are abusive. There are many other ways that people can be physically, emotionally, sexually and financially abusive towards their partner/ex-partner or family member.

You can contact us if you are unsure about your behaviour and whether it is abusive.

- Slapping, punching, kicking and biting
- Constant insults and “put-downs”
- Stopping them from seeing who they want
- Threatening to hurt or kill your partner/ex-partner/family members
- Making it difficult to see family and friends
- Pressuring your partner to have sex
- Not letting an ex-partner get on with their life after the relationship has ended.

## Why should I do this?

The way you behave will have an impact on the ones that you love, whether that is a partner/ex-partner or children. This is an opportunity for you to change your behaviour and develop relationships which are safe, loving and respectful and no longer abusive.

One of the hardest things to do is make that first phone call. It is easy to put this off and promise yourself and others that it will never happen again.

You have probably done that already, but if you are serious about wanting to change and put words in to action, then C2C can help you.

## What do I have to do?

The first step is to decide that you want to change your behaviour and whether you are committed to taking the challenge?

To be accepted, you must:

- Acknowledge your abusive behaviour and not be in denial
- Accept that your behaviour is a problem
- Accept responsibility for your abuse towards your partner/ex-partner
- Agree to the conditions of attendance which include giving contact details for your partner/ex-partner

## How do I get an appointment?

You can call us on 02476 225863 and ask to make an appointment with the C2C team or you can make a referral through a Social Worker, by emailing [referrals@coventryhaven.cjsm.net](mailto:referrals@coventryhaven.cjsm.net)

At the first appointment we will explain how the programme works, explore what is happening in your relationship and your goals for change. Together with the C2C team we will decide if C2C is right for you.

## What is offered to my partner?

C2C has a separate partner support service that will be offered to your partner or ex-partner.

## Will C2C share information about me?

If a professional has referred you to the Centre we will share information with them. If we think you are a risk to others or yourself we will share information to increase their safety. We will be clear and honest with you about what will be confidential and what cannot be.