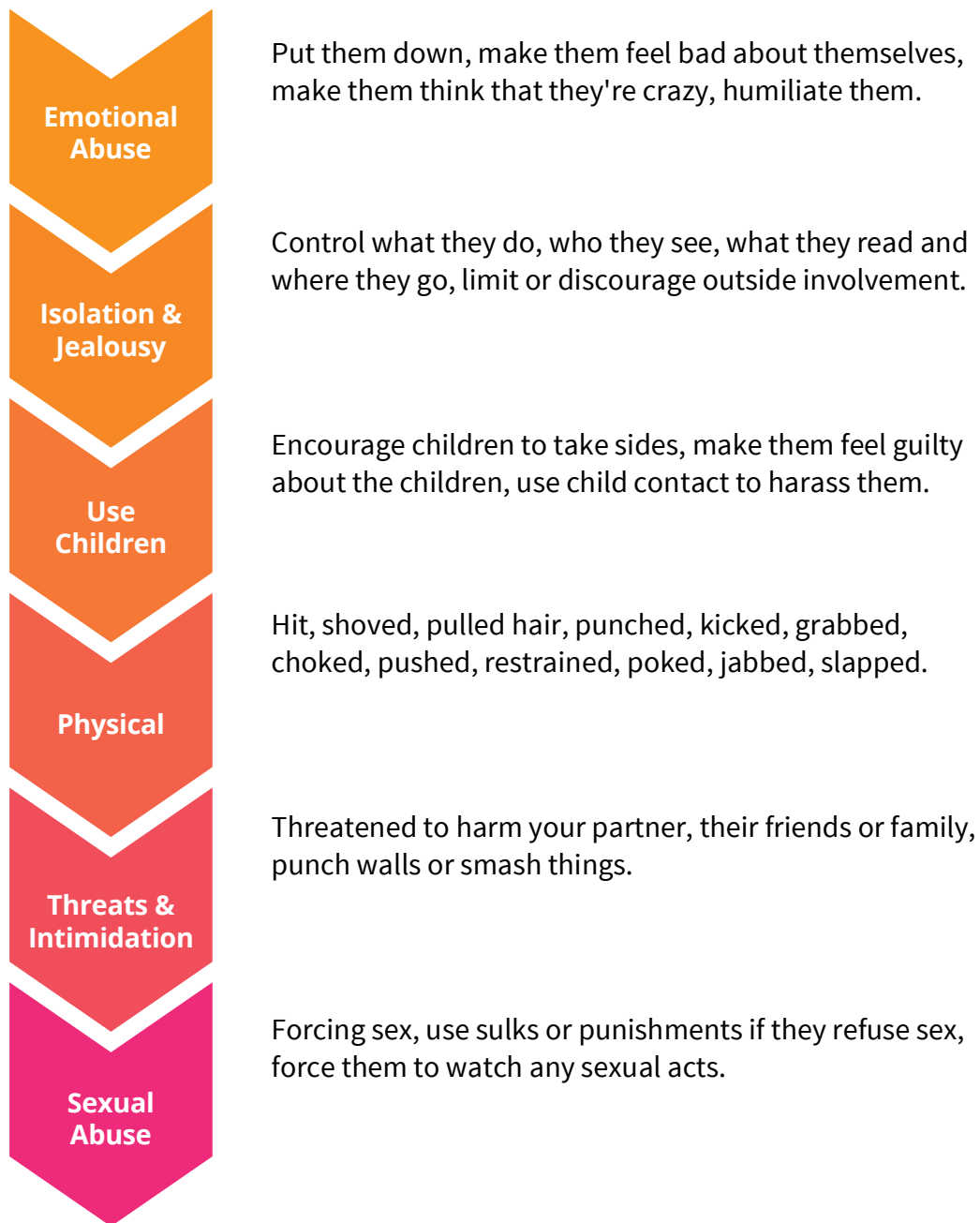




**Not sure if you're abusive? Check out the following list.**



- **How does it work?**  
The group work programme runs over 27 sessions and the individual programme over 18 sessions. Group sessions are held in the evenings and individual sessions are offered during the day or evening. You need to attend an assessment session prior to starting programme and the pre-programme session we offer to ensure you are confident to start.
- **Where are the sessions held?**  
For current group session venues see our [DAPP Where And When](#) page. Individual programme venues are arranged with each client.
- **What happens on the group programme?**  
We work in small groups of up to 10 people. The programme will help you to understand your behaviour, take responsibility for it and offer you skills and support to end your abusive behaviour.

### **I want to change... what do I do now?**

**Email us:** [tcp@thechange-project.org](mailto:tcp@thechange-project.org)  
**Call us:** 01245 258 680 or 0845 372 7701  
**Text us:** 07841 999 342

**The Change Project, 11b Broomfield Road, Chelmsford, Essex CM1 1SY**  
*(Entrance behind Empire Salon)*