



Changing Harmful Attitudes & Behaviour Programme

A specialist domestic abuse intervention programme designed for people from South Asian communities in Leicester, Leicestershire, Rutland and Bradford

Our 2025-2026 programme support people who want to:

- **Build healthier connections with partners and family**
- **Break harmful behaviour patterns**
- **Develop communication and coping skills**
- **Create positive life changes**

GETTING STARTED

Visit www.chab.org.uk for:

- **Programme dates (20 sessions)**
- **Session times**
- **Free registration**
- **More information**

SCAN HERE



www.chab.org.uk
enquiries@chab.org.uk