

Striving for **Change** Manchester



Talk
Listen
Change

A new service for those who want to improve their relationships

Do you:

- Show your partner no respect?
- Have a problem with jealousy?
- Hit your partner?
- Smash things up?
- Say things you later regret?

Do you want to:

- Understand how your behaviour affects your children?
- Understand how your behaviour affects your partner or ex-partner?
- Work towards changing your behaviour?

This service aims to create an awareness of unhealthy behaviours and support individuals in working towards changing their behaviour to improve relationships with a partner or ex-partner.

For more info contact Sherish Aslam on **07715665019**
or email sherishaslam@talklistenchange.org.uk

follow us [twitter](#)

find us on [facebook](#)

www.talklistenchange.org.uk



Talk
Listen
Change

www.talklistenchange.org.uk

follow us [twitter](#)

@TLC_Charity

find us on [facebook](#)

TalkListenChange