



Ready for change?

Worried about your behaviour within a relationship?

Would you like to be able to express how you feel safely?

Individual support for men is now available

Develop new skills to help you have a healthy and safe intimate relationship

To speak to someone:

call **01259 452200** and ask for **THE PROGRAMME (Ready for Change)**

Text the word **PROGRAMME** to: 07549 115 326

Email programme@clacks.gov.uk



Clackmannanshire
Council

www.clacks.gov.uk

Comhairle Siorrachd
Chlach Mhanann