

**Choose 2 Change (C2C) is a behaviour change programme, designed to help people stop using harmful behaviour towards an intimate partner.**

**Making that first call is often the hardest step, but if you're ready to make a change, Relate Birmingham & Black Country is here to help.**



**Contact us to find out more information:**

**Phone: 0121 633 5526**

**Email: [C2C@relatebirmingham.co.uk](mailto:C2C@relatebirmingham.co.uk)**

**We're here to help build better relationships and improve wellbeing.**

[relatebirmingham.co.uk](http://relatebirmingham.co.uk)

**Relate**  
Birmingham & Black Country

**Is your behaviour harming the ones you love?**



**You can Choose2Change**

[relatebirmingham.co.uk](http://relatebirmingham.co.uk)



## What is C2C?

C2C is a programme aimed at recognising and reducing harmful behaviours in intimate relationships.

Alongside this, we will work with you 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.

## Am I using harmful behaviours?

There are many types of harm in relationships including physical, emotional, sexual and financial harm. Here are some examples:

- Slapping, punching, kicking and biting
- Constant insults and “put-downs”
- Stopping them from seeing who they want (includes making it difficult for them to do so)
- Pressuring your partner to have sex
- Threatening to hurt your partner/ex-partners family and friends
- Not letting an ex-partner get on with their life after the relationship has ended

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

## What would the benefits be?

The way you behave affects the people you love whether it's a partner, ex-partner or your children. It may also be impacting you, even if you're not fully aware of it.

Our course is an opportunity to change your behaviour and develop relationships which are safe, loving and respectful.

By taking that first step and giving us a call, you are one step closer to making positive changes for yourself and your loved ones.

## Who can access C2C?

C2C is open to adults over the age of 18 who meet the programmes eligibility criteria. Relate works with, and aims to meet the needs of, people from all ethnic, religious and cultural groups.

## Where do I begin?

Deciding to change your behaviour and making that commitment is the first step towards attending C2C.

It can be hard to recognise our harmful behaviours at first, however, those who attend C2C accept the following:

- Harmful behaviour is a problem that will impact those we love
- My behaviour is my responsibility
- I would like to learn non-harmful ways of responding to those I care about

## What is offered to my partner?

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



## How do I get an appointment?

You can give us a call on 0121 633 5526 or email us at [C2C@relatebirmingham.co.uk](mailto:C2C@relatebirmingham.co.uk) and we can call you.

During your first call with us, we will explain how the programme works, discuss what is currently happening in your relationships and consider what goals or changes you would like to make. Together, we will understand if C2C is right for you.

## Will Relate share information about me?

If a professional has referred you to us we will share information with them. There may be times where we need to share information with others but we will always be clear and honest with you about what will be confidential and what cannot be.

## What are the costs?

We offer either agency funded or self funded places on our courses. Please contact us for further information.