

With Joy I feel like I belong. Happy. Gives me inner strength. Makes me feel more normal. Makes me feels sociable.

It has been amazing, so helpful. Really enjoy the courses.

Joy has helped me.... Get back on top of my life.

I just wanted to say thank you so much for all the relaxation sessions, you have taught me a lot and helped so much

Knowing others are in the same place

It's helped build my confidence

I've met women from all walks of life in a caring and non-judgmental environment

Gaining Skills. I've quite a good portfolio & gained certificates now that will help with getting work



**You are amazing! After attending Being Free and repeating the course - I can honestly say it's totally changed my life, Jo breaks everything down into easy-to-follow sections and backs up everything with a scientific twist. It all makes so much sense and I do really think they should teach this in schools.**

**I am using so many of the tools Jo has taught me and also share them with my kids, (they think Jo is now part of the family as I do reference her a lot)**

**I have also made great friends during the course and still have contact with most of them. I would strongly recommend anyone to join JOY and it's been instrumental in my recovery from an abusive marriage and upbringing. Please keep up the good**

**Joy helped me get out of the house meeting many friends. Xx**

**Since meeting Kerry and joining in, I have had a different mindset about my future and look forward to what's to come.**

**It has helped my confidence, given me a new look on life. And meeting new and different women. Loads of new ideas of things to do with my time. Helps me with bills and housing support.**

**I can't and probably won't stop thanking you for giving me the space and encouragement I needed. Between you and my BBO job coach, a magic has been brewed!! Together with the Lovely Ladies I have met in the last couple of years you have all made such a difference for me, thank you.**

**Great support to me since I moved to the area. I've attended lots of support groups & had a few 1-2-1 sessions when I needed them. It's also helped build my confidence.**

Joy has heard  
and listened to  
me

I have learnt valuable  
techniques to support my  
anxiety. I know I can talk to  
my support worker if I am  
struggling to implement  
these.

It's great because it  
helps people meet up in  
a friendly safe  
environment and  
providing courses free of  
charge

I just want to thank you and let you  
know how much you have helped me. I  
thank you so much for teaching me  
how to stop 'falling down the rabbit  
hole' every time I get triggered and I  
feel at peace for the first time in my  
life. I feel strong, confident, relaxed and  
really really motivated to get out into  
the world and live my best life. I  
honestly can't thank you enough

I want to take this opportunity to thank you and your whole team for the Joy Project and the amazing work you do with all of us. It is so fundamental, heart-warming and essentially life-changing what your 'work' does for those of us who have been through really tough times. Thank you isn't enough. But know there is a lot of appreciation for it. On that note, I wish you all the best and thank you deeply.

'I want to start experiencing life with what doesn't include my DV as I have never lived without it. You and (DAWN) definitely helped me grow my wings and made me feel like I belong, and I've never felt like that before. I'm now ready to use them so I'm going to take the first step – step out of my past and learn to live in this lifestyle. I always loved doing Being Free – I tell everyone they should do the course as you finally get to notice and learn about yourself. I'll never be able to express my thanks to you.

I am very happy now. I still have a few low moments but thanks to you I know how to manage them – so a big thanks to you as I have so appreciated your support over the past two years.

Jo has helped me with breathing techniques, understanding my mental health and recognise when I'm struggling... I wouldn't be able to leave the house without everything you have done for me and with me. I still have panic attacks and anxiety but nowhere near what I used to have. Now I use the techniques learned to calm myself and control my reactions to it. Dealing with everyday life was impossible for me before but now I am so much calmer and don't cry when I wake up each day. I give a gratitude and I'm starting to believe I can...

Thankyou for this lifeline x

Huge difference to my life. I've also learned to be in the now and appreciate every day I have.

It has been such a help to learn how to approach the 'not so good things' in life with strategies that are there to put them back into perspective and live alongside them even if they cannot be totally erased and therefore look at the brighter side of things!