



Plymouth Domestic Abuse Services

Cast Programme

The CAST (Confidence, Assertiveness and Self-esteem Techniques) programme is designed to help victims and survivors of domestic abuse to regain, develop and maintain their confidence, self-esteem and assertiveness skills.

Run by Plymouth Domestic Abuse Services, the CAST programme is a ten-week course, held in a confidential group setting.

The programme is open to men and women who have experienced domestic abuse. Together we will combat the effects of isolation and help you to build new support networks. During the course, you will:

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- Identify assertive, non-assertive and aggressive behaviours
 - Recognise and overcome the barriers to assertiveness
 - Understand your fundamental rights as an individual

For more information or to book a place, please call **0800 458 2558 (freephone)** or email **pdas@sanctuary.co.uk**