



Torbay Domestic Abuse Service

Confidence First

Confidence First is a programme designed to help people who have experienced domestic abuse to grow in confidence and flourish.

Run by Torbay Domestic Abuse Service, the Confidence First programme is a six-week course, held in a confidential group setting. The two-hour sessions will help you to rebuild your confidence and self-esteem, recognise your rights and set boundaries that can help you in all areas of your life. This course will also empower you to:

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- Build your assertiveness, so you feel more in control
 - Better understand what your personal needs are
 - Recognise healthy and unhealthy relationships
 - Set new achievable goals in your life