



**CONFIDENCE
FIRST**

TORBAY DOMESTIC ABUSE SERVICE

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:

- 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

For more information or to book a place, please call **0800 916 1474** (freephone) or email tdas@sanctuary-housing.co.uk

 **Sanctuary
Supported Living**

**PATHWAYS TO
INDEPENDENCE**