



Confidence First is a six-week course to help rebuild your confidence and self esteem after experiencing domestic abuse.

The two-hour sessions will help you to recognise your rights and empower you to set boundaries that can help you in all areas of your life.

The course will:

- Be held in a safe environment
- Build your assertiveness to help you feel more in control
- Help you understand what your personal needs are
- Support you to recognise the differences between healthy and unhealthy relationships
- Empower you to set new achievable goals in your life

For more information or to take part please contact TDAS

on **01803 698 869** or

email tdas@sanctuary-housing.co.uk

 @SancSL



Confidence First

A course to help those affected by domestic abuse to grow in confidence and flourish