

The First Step Project

This service is only for people who self refer.

What we offer victims and survivors

We support both women and men from the age of 16 and upwards who have been affected by domestic abuse, whether they are still in the relationship, looking at leaving, or have already left but are still experiencing abuse.

We offer emotional and practical support; face to face or we can speak on the phone. All support is tailored to meet individual needs and may include: making sense of what has happened, exploring legal options, ensuring safety, how it has impacted the family and recognising the warning signs.

We provide a variety of therapeutic groups that are held throughout the year. The aim of the groups are to help develop confidence and self-esteem, learn new skills, develop knowledge and raise awareness, as well as an opportunity to meet with others who have had similar experiences and to have fun. Groups have included:

- stress management
- arts and crafts
- health and well-being
- I.T.
- cookery

Due to the high number of women who self refer to the First Step Project, our groups are for women only.

**Women who access our services
will not be judged
will not be pressured
It is their choice!**

To self refer women should call us on: 0151 548 3333