

Healthy Self Esteem

A morning workshop for women

Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. This workshop helps you understand what self esteem is and gives you the tools to develop a more positive self esteem.

This workshop gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self esteem.

During this morning workshop, you will learn:

- What is self esteem?
- How life events, beliefs and thoughts can contribute to low self esteem
- Strategies to maintain healthy self esteem through change in attitude, language and behaviour.

Where: Falcon Family Centre
58a Linville Street, Falcon

When: Monday 12 June, 9.30am to 12 noon

Fee: \$10 per person – Creche is provided, bookings essential

Places are limited so book now on **9534 3010**

Relationships Australia
WESTERN AUSTRALIA

1300 364 277
www.wa.relationships.com.au

Ph 6164 0588

Address Lotteries House, Anzac Place, Mandurah

Post PO Box 3080, Mandurah East WA 6210

Email Mandurah.Education@relationshipsWA.org.au