

Self Esteem Group

Thursdays 2:00-3:00 PM



- ★ ***Bring out your best!***
- ★ ***Find support from others.***
- ★ ***Meet challenges***
- ★ ***Build on your strengths.***
- ★ ***See yourself in a new and positive way.***
- ★ ***Make each day more rewarding***

**This is an on-going group that meets weekly.
Contact Customer Services for more information**

