

"Image courtesy of AKARAKINGDOMS / FreeDigitalPhotos.net"

*"A mother who radiates  
self-love and self-acceptance  
vaccinates her daughter  
against low self-esteem."*

*-Naomi Wolf*



**Enquire at front desk NOW!**

*The next group commences on:*

**19th of October 2016**

**10:00am to 12:00pm**

Image courtesy of Ambro / FreeDigitalPhotos.net

# Self Esteem Workshop

**Wednesday Mornings - \$50 course - 8 Sessions**

This workshop provides women with a range of techniques, skills & strategies to strengthen their self esteem, within a safe and comfortable peer group setting.

Places are strictly limited - please contact us for more information or to book.

Please note: Prior to entering the group, potential participants will be assessed via a phone call by a Counsellor at Midland Women's Health Care Place.

Midland Women's Health Care Place

The Val Ferguson Centre

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