

FINDING OUR VOICES

SELF ESTEEM PROGRAM FOR WOMEN

Finding our Voices is offered to women who would like to work on and improve their self-esteem. Each group is approximately 2 hours long and includes experiential learning that allows participants to connect with the facilitator and each other.



Topics Include:

Think, Feel, Do

Self-Image

Communication

Reconnecting with Yourself

Healthy Relationships

Moving Forward

When: 1 session per week for 5 weeks beginning on
Tuesday July 21st from 10:00a. m – 12:00p.m.

Where: Green View FCSS
4707-50th Street, Valleyview

To Register Call: 780-524-7603

Registration Deadline: July 20



NO COST