



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY



Developing a Healthy Self-esteem

Healthy self-esteem is thinking about ourselves and our worth in a balanced way.

Join us online to learn how to develop realistic expectations, balance self-evaluations and engage in helpful behaviour!

Over the long-term, you will be able to utilize strategies that you have practiced, adjusting your negative core beliefs, adjusting unhelpful rules and assumptions.

Using these workshop strategies will allow you to approach situations with an open mind, as well as to have the opportunity for new experiences and learning.

It is important that you keep applying and practicing the strategies you have learned, maintaining and furthering your gains in overcoming low self-esteem. Consistent and continuous practice will enable you to integrate the strategies into your lifestyle.

When:

**Tuesdays from
Sept. 15 - Oct. 27
12 p.m. - 1 p.m.**

RSVP:

bcatalano@communitycaredurham.on.ca

to receive the link

Where:

**Join us online
via
Zoom**