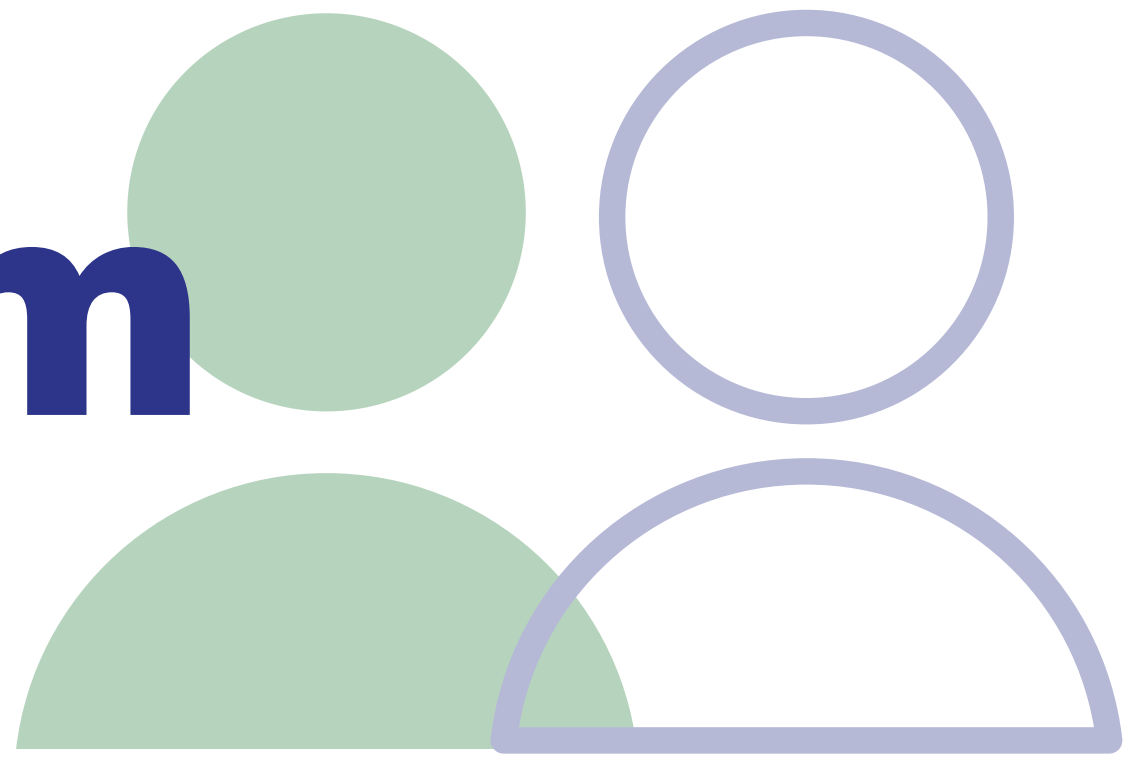


Self-Esteem Workshop



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.

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

**Every Tuesday from
January 12 - February 16
1 p.m. to 2 p.m.**

Join us online via GoTo

To register and receive the link please contact
Barb at bcatalano@communitycaredurham.on.ca



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

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