



LOVING YOURSELF?



Group Dates:
4 week group
Mondays, 1:30-3:30 pm
March 2, 9, 16 & 23, 2020

Participants:
Maximum 10
Ages 18+
Identify as Females

Call to register

There are plenty of messages in the world that try to define and shape who we **SHOULD** become. This then translates into messages that we tell ourselves, over and over again!

It's time to challenge those negative messages and replace them with ones that honour our self-worth – because we are worthy of self-love.

The focus of this Personal Growth Group is to educate and foster a reconnection to your own insight and resources.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.

Contact

Lethbridge Family Services
Counselling, Outreach & Education

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