



# LOVING YOURSELF?



Group Dates:

**5 week group**

**Wednesdays, 1:30-3:00 pm**

**May 8, 15, 22, 29 & June 5, 2019**

**No cost to participants**

Call to register

Participants:

**Maximum 10**

**Ages 18+**

**Identify as Females**

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**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**

Kala Beers

403-327-5724, [kbeers@lfsfamily.ca](mailto:kbeers@lfsfamily.ca)

[www.lfsfamily.ca](http://www.lfsfamily.ca)