

Self Esteem Foundations Workshop Charlestown

Would you like to improve your self esteem?

Do you give yourself a hard time with self criticism? This workshop will give you basic skills and strategies around positive self-talk and assist in healing your “mud messages”. Find out how self esteem develops and why women are vulnerable to having low self-esteem

The Place Community Centre

Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)



Tuesday 21 May

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

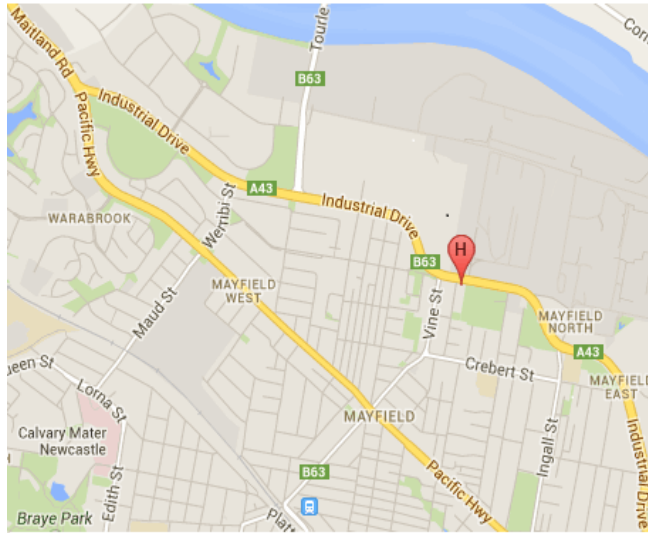
Register by phoning Hunter Women's Centre

4968 2511

Preference given to those who have not attended this workshop before



Funded by
Hunter New England Local Health District



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Public Transport

Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

Phone for more public transport options

Opening Hours

Monday to Thursday: 9am to 5pm
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
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