

Self Esteem Foundations Workshop

**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**

Hunter Women’s Centre, Mayfield

Tuesday 26 February

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

Preference given to those who have not attended this workshop before

Phone 4968 2511 to register



Funded by Hunter New England Local Health District



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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