

# 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**

**Wednesday 27th November**

**9.45am (10.00am start) to 1.00pm**

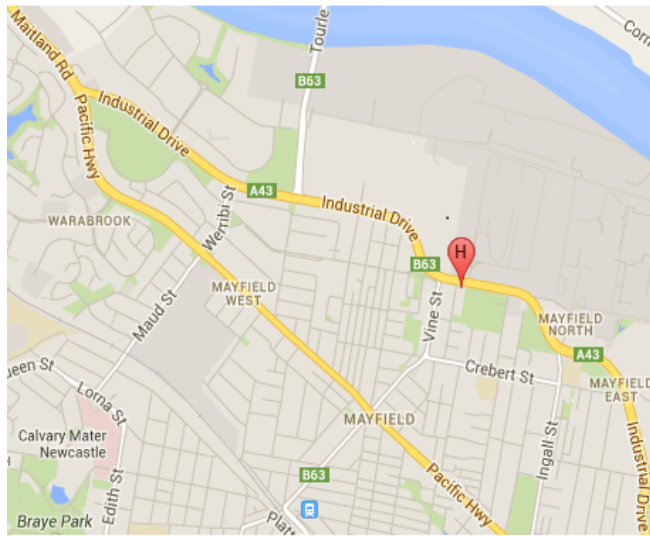
**Cost \$10. Morning tea provided**

*Preference given to those who have not attended this workshop before*

**Phone 4968 2511 to register**



Funded by Hunter New England Local Health District



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## Public Transport

### Buses from Hamilton Train Station

**47** Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)  
**11** Maitland Rd before Beaumont St (alight maitland Rd, before Hanbury St Mayfield)

**24** Albert St opp Hawkins Oval (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)

Mayfield NSW 2304

Phone: 02 4968 2511

[admin@hwc.org.au](mailto:admin@hwc.org.au)