

# Self Esteem Strategies Workshop

**This workshop is for women interested in practical strategies to improve their self-esteem:**

- ◆ Developing and using effective affirmations
- ◆ How to change negative self-talk messages
- ◆ Dealing with people in your life who want to stop you from changing

*This workshop builds on the skills introduced in the Self Esteem Foundations Workshop*

**Hunter Women's Centre, Mayfield**  
**Tuesday 5 March**

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

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

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

**Register by phoning**  
**4968 2511**



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)  
Mayfield NSW 2304  
Phone: 02 4968 2511  
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