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

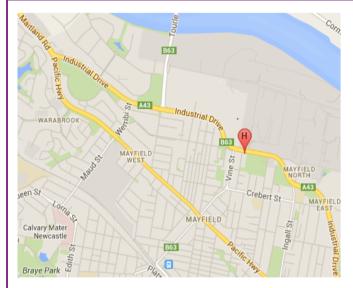
Preference given to those who have not attended this workshop before

Register by phoning 4968 2511





Funded by Hunter New England Local Health District





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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) Mayfield NSW 2304 Phone: 02 4968 2511

admin@hwc.org.au