

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

Wednesday 4th December

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

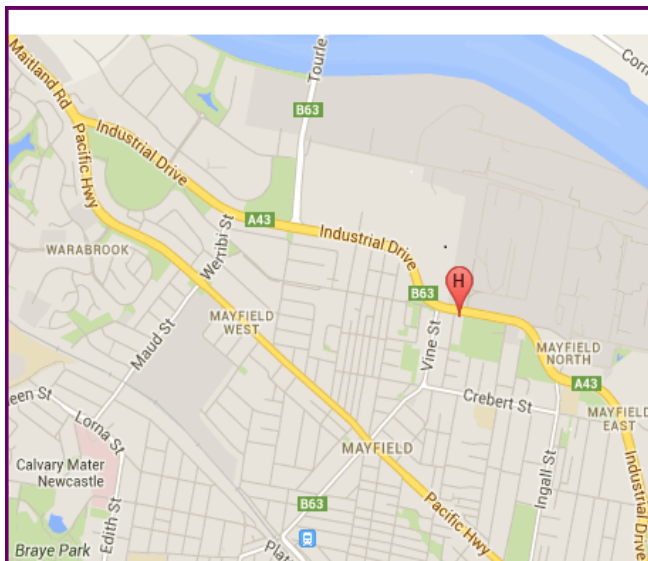
Preference given to those who have not attended this workshop before

Register by phoning

4968 2511



Funded by Hunter New England Local Health District



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Public Transport

Buses from Hamilton Train Station

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

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