

Focus On Recovery-United, Inc. (FOR-U)

Presents

Self-Esteem 101

*FOR-U has combined these two great trainings
into an educational and fun filled 12-week session:
You start with Self-Esteem and end with Healthy Relationships!*

When: Every Wednesday for 12 weeks
February 1st - April 18th, 2012
1:00 pm to 3:00 pm

Where: Greater Bridgeport Mental Health Center
1635 Central Avenue, Bridgeport, CT

Self-Esteem 101

Come and explore ways to boost your self-esteem to be able to meet life's challenges head on and realize you ARE worthy of happiness. Learn how to recognize your self-worth, self-stigma, etc. We will also explore what a healthy relationship is! Learn skills to help you set the needed boundaries that will get you equality, respect and happiness in your relationships. Learn other valuable tips to help make your current and future relationships with friends, partners, siblings, parents, co-workers, etc., healthier.

***All Connecticut Adults are Welcome!!!**

For seminar training details & registration information, contact:
FOR-U

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