

# BUILD IT!

## Self Esteem Program For Adults

This is a ten week course for men and women wanting to build better self esteem.

The program is educational, reflective and practical and areas include:

- ◆ *How low self esteem develops*
- ◆ *How low self esteem is maintained*
- ◆ *Negative self criticism and beliefs*
- ◆ *Changing your view of yourself*
- ◆ *Challenging negative beliefs and developing healthy self esteem.*

### *As a result of attending you may:*

*Build a more realistic view of yourself*

*Understand how thoughts create our feelings*

*Identify helpful and unhelpful thinking*

*Learn to take healthy risks in your life*

*Develop strategies and tools to work on self esteem*

***BALLARAT COMMUNITY HEALTH CENTRE—COOINDA***

***10 Learmonth Road Wendouree***

***Begins Wednesday February 25th 2009 at 10.30am—12.30pm and runs for 10 weeks***

***\*Strictly limited places. \*Please apply early to organize your place on the course. \*Conditions apply.***

Ballarat  
**Community**  
**HEALTH**  
Centre

**Registrations and enquires please contact:**

Jenn Apps at Ballarat Community Health:  
53 384500 or

Graham Hoad at Men & Family Relationships  
Service (CAFS) 53 373333



Men & Family Relationships Service  
Child & Family Services Ballarat Inc.