

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.