

Next session to begin in June!

For more information, call

(585) 344-4400



*This is not a group to talk about what's wrong, but what's right about you, how to build and develop your self- esteem and inner strengths. The free eight -week group will focus on coping strategies, women's issues, life skills, and self aware-ness. Each session*

*contains exercises to:*

**☐ Increase your self-esteem**

**☐ Recover your personal power**

**☐ Provide you with tools to improve the quality of your life**

*Facilitator Sherry Crumity, YWCA Support Services Coordinator, is a mental health counselor with more than 10 years of experience conducting groups related to trauma, domestic violence, substance abuse and mental health issues .*

