

5:30-7 p.m. every Tuesday

Summer session begins June 6, 2017

(585) 344-4400



***This is not a group to talk about what's wrong, but about what's right with 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 awareness. 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 .*

