

Unlock Your Potential

8-Week Self Esteem Skills Group

Starting Tuesday, October 17

5:30 to 7:00 p.m.



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 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*

DATE: Every Tuesday, February 21st-April 11th

TIME: 5:30 to 7:00 p.m.

PLACE: Call to register and for location (585) 344-4400

Space is limited (Free Skills Group)

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 .

YWCA IS ON A MISSION