

Self Worth - Valuing Yourself For Women

A positive sense of self-worth is vital for good health and happiness. This four week course gives women a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem. You will be given the opportunity to practice new skills, take reasonable risks and set goals within a safe and trusting environment.

When: Tuesdays, 27 Apr - 18 May 2021
9.30am - 12pm

Where: Relationships Australia WA
Lotteries House
7 Anzac Place, Mandurah

Cost: \$60 per person
Note: This fee can be paid in instalments over the course duration

Places are limited - contact (08) 6164 0588 or
email Mandurah.Education@relationships.org.au to register today!
For more detail about our courses and workshops, click [here](#) or visit www.relationships.org.au

