

SELF-ESTEEM AND WORTH WORKSHOP

Workshop objectives:

- Understanding how self-esteem and worth may be affected by Domestic and Family Violence
- How to challenge negative self-talk
- Learning some practical strategies to increase your self-esteem and worth

Some snacks will be provided!

**Location: 31 Dalton Drive,
Maroochydore**

WORKSHOPS ARE DELIEVERED FREE OF CHARGE
FREE STREET PARKING AVAILABLE

PLEASE SEND REFERRALS TO
WOMENSSPACE@LAURELPLACE.COM.AU
OR CALL (07) 5443 4711
LIMITED SPACES AVAILABLE