

Self-Esteem

Creative Process Group

Wednesdays: 5:00 PM - 7:00 PM

September 14th – October 19th

6 session closed group



- **Learn about the basics of self esteem**
- **Assess your current self appreciation**
- **Begin actively cultivating self esteem with in-session creative projects**

Laura's House Counseling and Resource Center
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Please Note: Space is limited. Each participant must complete registration with Laura's House prior to start of group.