

Self Esteem Strategies Workshop Charlestown

This workshop is for women interested in practical strategies to improve their self-esteem:

- ◆ Developing and using effective affirmations
- ◆ How to change negative self-talk messages
- ◆ Dealing with people in your life who want to stop you from changing

This workshop builds on the skills introduced in the Self Esteem Foundations Workshop

The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)



Tuesday 4 June

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

Register by phoning Hunter Women's Centre

4968 2511

Preference given to those who have not attended this workshop before



Funded by
Hunter New England Local Health District



Public Transport

Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

Phone for more public transport options

Opening Hours

Monday to Thursday: 9am to 5pm
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
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