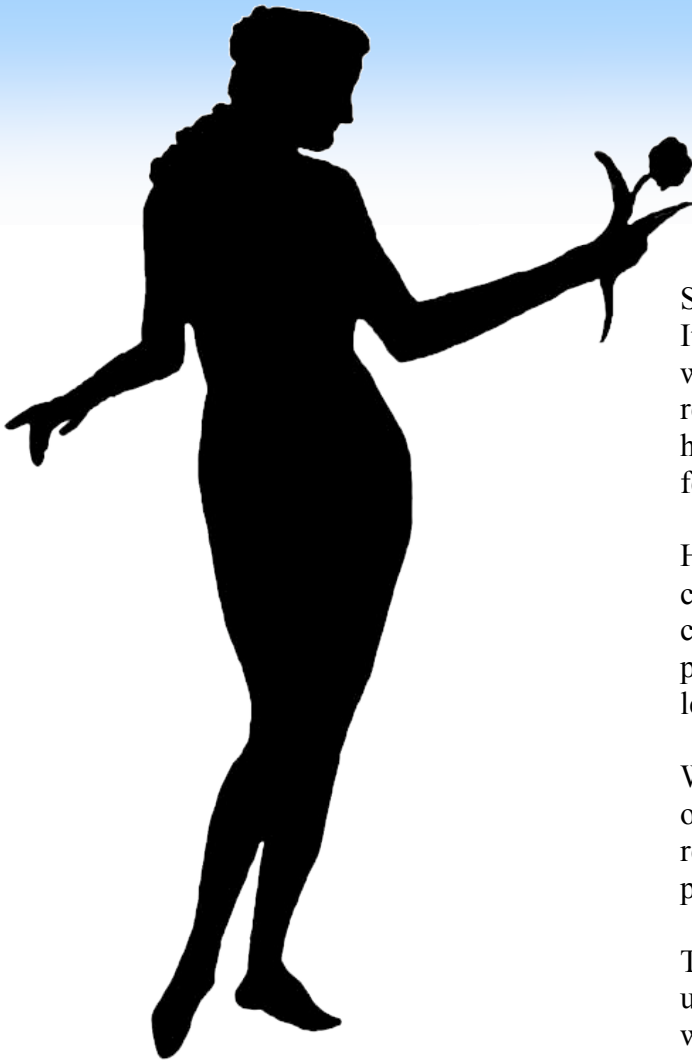


# SELF-ESTEEM WORKSHOP



Self-esteem affects how we see ourselves in this world. It is the value, acceptance, and love we feel about who we are. This workshop will explore how messages we receive from our family, peers, and the media affects how we regard ourselves through our thoughts and feelings.

Healthy self-esteem promotes insight, growth and change while acknowledging your personality and character. Poor self-esteem leaves a person feeling powerless, lonely, sad, and rejected. This in turn can lead to depression and anxiety.

Workshop participants will have a better understanding of personal belief systems, behaviors and thoughts that reinforce poor self-esteem. They will also learn tools to promote self-acceptance and self-worth.

The goal is to leave the workshop with a better understanding of your own worth, more confidence with who you are, and a positive outlook on life.

## LOCATION:

5014 Chesebro Road Agoura Hills, CA

## LENGTH:

8 weeks, One hour and 15 minute sessions

## COST:

**\$45 per session**

Groups are divided into the following age groups:

- ◆ 16-18 years old
- ◆ 19-24 years old
- ◆ 25-30 years old

Times and Days to be decided. Please call 818-991-4910 for more information.



*Tara Schroeter, M.A., LMFT.*

Tara is a licensed Marriage and Family Therapist who specializes in women's issues, relating to depression and anxiety.

For more information, please visit [www.changesinyou.com](http://www.changesinyou.com)