

Our Estevan Office Presents:

WOMEN'S EMPOWERMENT GROUP

From False Thoughts to Empowering Beliefs

Have you ever felt that...

- Other's needs, feelings and opinions were more important than your own?
- You need to be perfect to be accepted
- You always have to be nice?

Learn to stand up for your rights, express your anger and handle conflict with confidence, competence, conviction and **COURAGE**.

FREE OF
CHARGE

Pre-registration is required.

Ten weeks. Available to women 18+.

Tuesdays from 6:15PM - 8:30PM • Starting October 1, 2019

For more information, or to register please call 306-637-4004 by
September 24, 2019.

www.envisioncounsellingcentre.com



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