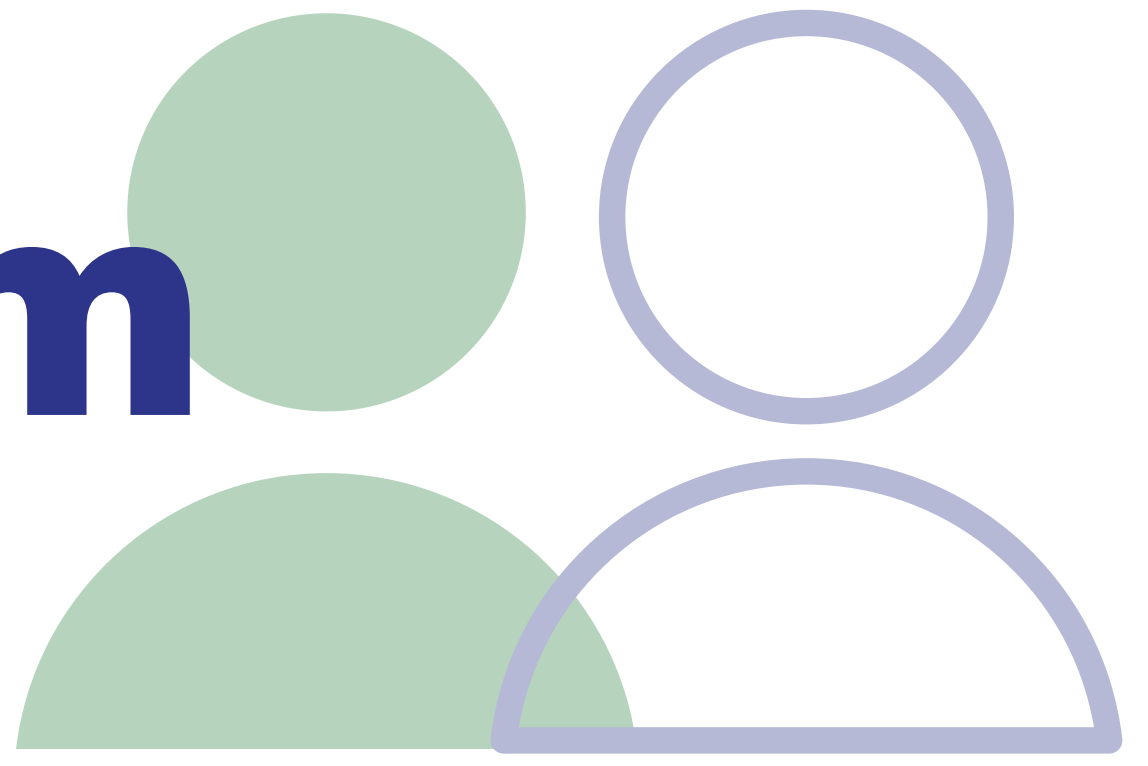


# Self-Esteem Workshop



Healthy self-esteem is thinking about ourselves and our worth in a balanced way. Join us online to learn how to develop realistic expectations, balance self-evaluations and engage in helpful behaviour.

Using strategies from this workshop will allow you to approach situations with an open mind, as well as to have the opportunity for new experiences and learning.

**Every Wednesday from  
May 5 - June 16  
11 a.m. to 12 p.m.**

**Join us online via GoTo**

To register and receive the link please contact Barb at [bcatalano@communitycaredurham.on.ca](mailto:bcatalano@communitycaredurham.on.ca)



**Community Care Durham**  
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

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