

Self-Esteem

This 6 week group for women will focus on learning to understand and create healthier self-esteem. Participants will explore factors that contribute to our self-esteem including boundaries, relationships, and self-talk.



Dates: Tuesday February 12th – March 19th

10AM – 11:30AM

Location: #104-3100 Pembina Highway

Pre-registration and in-person intake is required.

To register for an intake please call 204-477-1123.