



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOURNEY TO A LIFE OF SIGNIFICANCE

Freedom From Low Self-Esteem YMCA LIFE GROUP

Thursdays | 6:30 PM–8 PM | Jan. 23–Mar. 26

This ten-week group encourages honest dialogue around improving self-esteem and dealing with feelings of worthlessness, disappointment and brokenness.

Weekly readings and discussion offer insight to help you overcome negative thought patterns through emotional healing, affirmation and encouragement.



Discover Your Self-worth

- Redefining who you are and uncovering the various faces of low self-worth
- Identifying the special gifts, talents, and potential that are unique to you as an individual
- Building on the foundations of self-worth to strengthen your perspective and identify where the negative voices originated from

New Sessions Begin Soon

- Thursday Nights | 6:30 PM–8 PM
- Jan. 23–Mar. 26
- YMCA Conference Room
- \$20 for study book
- Maximum 10 participants

Contact Demi Day at dday@ymcacw.org