

# LEVEL

## 3

### ENHANCING SELF ESTEEM



#### **A SELF - HELP SUPPORT GROUP FOR SEPARATED & DIVORCED PERSONS**

*This program provides the opportunity to increase your self-awareness and to learn specific skills for building a positive self esteem. Some of the issues covered will be taking responsibility for your thoughts and feelings, how to behave assertively, setting realistic goals for the future.*

**FOR WHOM:** *This program is intended for Separated and Divorced persons who have completed Level 2*

**WHEN:** *WEDNESDAY EVENINGS FOR TEN WEEKS*

*September 27 - November 29, 2017*

*TIME: 7:00 P.M. to 9:30 P.M.*

*WHERE: Chancery Office*

*700 King Street West, Hamilton*

*PHONE: (905) 528-7988 ext. 2249*

*COST: \$40.00 NON-REFUNDABLE*



**REGISTRATION FORM - LEVEL 3 ENHANCING SELF ESTEEM (Chancery Office)**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**P/C:** \_\_\_\_\_ **PHONE #:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**Please complete this registration form with PAYMENT of \$40.00 (payable to the Catholic Diocesan Account) and return to:**

**Family Ministry Office**

**700 King St. W., Hamilton, ON L8P 1C7**

**Or fax to: 905-528-1088**

**Register online at: [www.hamiltondiocese.com](http://www.hamiltondiocese.com)**