

# 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:** Separated and Divorced Persons who have completed LEVEL 1

**WHEN:** TUESDAY EVENINGS FOR Eleven Weeks

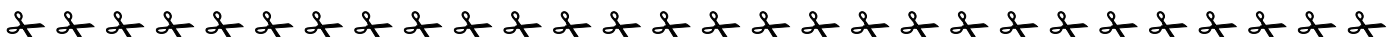
**March TIME:** 7:00pm - 9:00pm

**WHERE:** St. Mark's Parish, Kitchener

55 Driftwood Dr., Kitchener

519-745-7301

**COST:** \$40.00 NON-REFUNDABLE



**REGISTRATION FORM - LEVEL 3 ENHANCING SELF ESTEEM**

**ST. MARK'S PARISH**

**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)**