

Self Worth-Valuing Yourself Mandurah



A positive sense of self-worth is vital for good health and happiness. This 4 week course is for women who want to gain a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem. You will be given the opportunity to practice new skills, take reasonable risks and set goals within a safe and trusting environment.

When: Tuesdays, 21 May – 11 June 2024

Time: 9.30am to 12 noon

Where: Lotteries House
7 Anzac Place, Mandurah

Cost: \$95 per person (\$47.50 concession)

To book online, please scan the QR code.
For more information about our courses and workshops please call 6164 0588, email Mandurah.Education@relationshipsWA.org.au or visit www.relationshipswa.org.au



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