

# Self Worth - Valuing Yourself For Women

A positive sense of self-worth is vital for good health and happiness. This four week course gives women 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, 4 May - 25 May 2021  
9.30am - 12pm

**Where:** Relationships Australia WA  
Lotteries House  
7 Anzac Place, Mandurah

**Cost:** \$60 per person (\$30 for concession card holders)  
Note: This fee can be paid in instalments over the course duration

Places are limited - contact (08) 6164 0588 or  
email [Mandurah.Education@relationships.org.au](mailto:Mandurah.Education@relationships.org.au) to register today!  
For more detail about our courses and workshops, click [here](#) or visit [www.relationships.org.au](http://www.relationships.org.au)

