

Enjoy a FREE Coherence building exercise & Biosound session with your paid registration!


group

“Positive self-esteem is the centerpiece of a healthy personality.”
Philip G. Zimbardo, PhD - Author of Shyness

THURSDAYS

**JANUARY 26 -
MARCH 16, 2023**

6:30 - 8:00 PM



“IN MOST OF THE CASES THAT I SEE, NEGATIVE SELF-ESTEEM IS A PRIMARY INFLUENCE ON ANXIETY.”
- STEPHEN D. HENDRIX, LPC, CPCS, CADC II

A simple,
effective
program to help
you:

Self-esteem is the positive or negative evaluations of the self - as in, how we feel about it.

CONQUER SELF-DOUBT

PRACTICE FORGIVENESS

EMBRACE YOUR STRENGTHS

RECOGNIZE YOUR INNER WORTH

CULTIVATE SELF-COMPASSION

OVERCOME SELF-DEFEATING THOUGHTS

OVERCOME SELF-CRITICISM

CULTIVATE BODY APPRECIATION

UNCOVER YOUR VALUES & ACCOMPLISH YOUR GOALS

Maximum number of participants: 12

\$320 for 8 week group.

912.258.7033

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ANXIETY CARE CENTER

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WHEN YOU
REGISTER BY:

1.1.23