

FREE

SUMMER SELF-ESTEEM GROUPS

Building Self-Esteem

Through fun and engaging group activities, examine the impact relationships have on a person's health and self-esteem. During this group we will examine the impact of positive and negative self-talk and explore ways to raise and maintain healthy self-esteem. This will be done through fun and engaging group activities.

Tuesday July 6 2021 1-2:15pm via zoom

Media and Its Impact on Self-Esteem

During this group we will examine the messages sent through different forms of media and explore the impact of these messages on a person's self-esteem. This will be done through fun and engaging group activities.

Tuesday July 13 2021 1-2:15pm via zoom

Relationships and Self Esteem

Through fun and engaging group activities, examine the impact relationships have on a person's health and self-esteem. We will also review the characteristics that make a relationship healthy or unhealthy.

Tuesday July 20 2021 1-2:15pm via zoom

Differences

During this group we will be learning to recognize differences as strengths, with the goal of becoming more accepting of others and ourselves. We will discuss how being critical of each other's differences can impact a person's self-esteem.

Tuesday August 3 2021 1-2:15pm via zoom

Hope for the Future

During this week we will be promoting the idea of resiliency and how it can help us overcome obstacles. We will examine the link between self-esteem and hope for the future through fun interactive games and real-life stories of resilience.

Tuesday August 17 2021 1-2:15pm via zoom

For youth in Grade

6-8

Register through email at:
angela.stahlbaum@wcswr.org

Women's Crisis Services
OF WATERLOO REGION



FAMILY &
CHILDREN'S SERVICES
OF THE WATERLOO REGION