

CONFIDENT ME!



WHEN

Tuesdays
10am – 12pm
Nov 12th to Dec 10th

WHERE

Caritas School of Life
241 Hanlan Road, Units 1-2, Vaughan, ON


women's support network
of york region



TOPICS:

Self-Confidence

Building Self Esteem

Strengthening
Boundaries

Helpful Relationships

Finding Joy

and more!

CONTACT:

Vanessa
416 - 748 - 9988
Ext. 110

OPEN GROUP

Feel free to attend as
many sessions as you
like!

Refreshments provided