

Help Improve Your Self-Esteem!

Do you mentally beat yourself up—even over small stuff?

Are you your own worst critic?

Do you tend to tell yourself negative things?

Do you give yourself a hard time?

Does your negative opinion of yourself hurt
your close relationships?
work relationships?

Improving Self-Esteem Group

In this 10-week group, we aim to:

- Identify sources for negative self esteem
- Identify behaviors which promote feeling bad about ourselves
- Experiment with new, healthy behaviors
- Learn to challenge negative thinking
- Develop a more positive outlook and attitude
- Meet other individuals who are coping with similar issues

Interested?

**Ask your therapist or prescriber to refer you,
or contact Ingrid Siadal at 503-623-9289 x2561 for info.**

*** You must be currently enrolled in adult mental health services***