

Stepping Stones to Healthier Self-Esteem

Are you experiencing or affected by Domestic Abuse?

Free Women's Self-Esteem Workshops

Runs over 6 weeks in **Sutton Coldfield** starting on:

Tuesday 7 November

9.30 – 11.30am

Providing a safe, supportive space to explore the impact of abuse on our how we see ourselves.

Develop and maintain a balanced view of yourself, to help build confidence and self esteem

Please call as places are limited:

07753 224 835



Warren Farm Community Project
Charity Number:1120869

