

LINK HOUSE AND BIRTHRIGHT WAIKATO

Self Esteem

Develop understanding and skills to
improve how you feel about
yourself and how you face the
world

At Link House/Birthright Waikato we offer a 4 week course which runs monthly. THIS MONTH from 9 APRIL. These are run in a small group by experienced facilitators.

When: Thursdays 9.30am-11.30am

Only \$20 for 4 weeks (subsidised to \$10 if you are parenting alone)

Where: 2 Dawson Street

Hamilton East

Contact: Lauralee

07 839 1051

