



Improving Self-Esteem



This group focuses on addressing the power of thoughts & beliefs that shape self-esteem. In this group, we will address the personal origin of self-esteem and challenge the thought process that leads to negative thinking.

Every Wednesday at 1 p.m.

Meeting ID 951 0127 0865

<https://zoom.us/j/95101270865>

For questions about the program, contact Steve Rossetti at (760) 322-6378
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