



# Improving Self-Esteem



**Wednesdays at 1:00  
p.m. via Zoom**

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.

[Meeting ID 951 0127 0865](https://zoom.us/j/95101270865)

For questions about the program, contact  
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