Looking In Looking Out

Looking In Looking Out is a 6 week group for parents and carers who are interested in exploring ideas around self esteem and ways to make changes towards having a healthier self esteem. This is a craft-based group.

The aim of this group is to provide a safe and creative environment for people to explore and understand their self esteem covering such topics that include:

- What is self esteem?
- Where do we get our self esteem from?
- Ways you can increase your self esteem
- Assertiveness
- How to maintain a healthy self esteem

This is a craft-based group.

In partnership with ... Relationships Australia QUEENSLAND

WHERE: Undurba State School Community Hall, Ogg Rd Murrumba Downs

WHEN: 24th April - 29th May 2013
Wednesday mornings
9.30am coffee for a 10am start until 12.30pm

COST: $5 concession $10 non concession
Costs cover morning tea for entire course
(Child minding available on request)

For further information please contact Anita at Pine Rivers Neighbourhood Centre on 3205 2955 or anitap@prnc.org.au