

You're Invited



Women's Self Esteem Group

This group is dedicated to supporting women as they develop and improve their self-esteem while building a sense of community with one another. This group is designed to be an emotionally safe place for women to discuss a wide range of life issues in a nurturing and supportive environment.

Wednesday Evenings at 5:30
Browne Psychological Services
(805) 481-2823

Sign Up Information Available At The Front Desk

Facilitated By Kristyn Collins M.A. PSB 37519
www.BrownePsychServices.com