



I AM OK!

The Women's Center presents an 8-week workshop on
Self-Esteem and Anxiety Management

Wednesdays, April 6 - May 25, 2016
6:30pm - 8:00pm

Topics include the dynamics of self-esteem and
affecting positive change, stress triggers,
and coping with anxiety.

Workshop size is limited, please register at karen.i@wcoqd.org
or contact 203.731.5200 for more information.

All programs are free and confidential.

serving families and the community
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