



Class Location:

Anson Family Counseling
1186 East 4600 South
Suite 200
Ogden, UT 84403
Ph: (801) 896-0793

Men's Making Sense of Your Worth Group

Self-Worth is the foundation of who we are as human beings and in today's world is highly sought after. It plays a role in every decision we make and in every relationship we have. This eight week program is designed for anybody who desires the freedom that comes with living in positive self-worth and secure attachment.

The Making Sense of Your Worth Curriculum follows a step-by-step process of gaining positive self-worth. It was created by Cindy R. Lee, LCSW in partnership with HALO Project International and participants in the program show an increase in positive self-worth

Classes will be on
Tuesday evenings
6:00pm-7:30pm starting
June 3rd

\$45 per session

Most insurances will
cover group for a small
copay or less.

\$40 registration fee

"This curriculum was able to fill the gaps of many places in my own journey."

"This class has profoundly influenced my life."

"My participation in this program changed my life. I had no idea how and why I felt so bad all the time or why I was so hard on myself. I figured it out in this class and was able to let go of the lies I have carried for so long. It is tough work but so worth it."

"HALO gives you the courage and knowledge to walk through whatever you are going through. Most importantly you learn you are not alone in the world."

To Register for the Class: Please call our office at (801) 896-0793 or speak with your current therapist at AFC.

Seen – Heard - Valued