

SELF ESTEEM THERAPY GROUP

- BUILD INNER CONFIDENCE AND SELF-WORTH
- LEARN STRATEGIES TO OVERCOME NEGATIVE SELF-TALK
- STRENGTHEN ASSERTIVENESS AND PERSONAL BOUNDARIES
- CELEBRATE YOUR STRENGTHS

• VIA ZOOM STARTING SATURDAYS
MORNINGS FOR 6 WEEKS

**FACILITATED BY
VALERIA
VENTURA, M.A.,
LMFT**

\$40 PER SESSION

*MAX OF 8 PEOPLE

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