

# WOMEN'S SKILL BUILDING PROGRAM



**STARTS: February 17<sup>th</sup>, 2010**  
**ENDS: April 7<sup>th</sup>, 2010**

(Wednesday for 8 sessions: 1:00 P.M. – 3:30 P.M.)

**CHILDCARE! SNACKS! CONVERSATION!**

Get Involved In This Positive Skill Building Experience.  
A Variety Of topics Will Be Covered.

- ✓ Humour in Our Life
- ✓ Recognizing Our Strengths
- ✓ Assertiveness Training
- ✓ Healthy Relationships
- ✓ Goal Setting
- ✓ Handling Conflict
- ✓ Self Esteem Building
- ✓ Stress Management

To register or for more information call Debbie 622-8235 or Kathy 626-8483