

AWRC presents self-esteem workshop

The Antigonish Women's Resource Centre is presenting a series of workshops on Women and Self-esteem.

Workshop facilitator Barbara Hayes says that negative self-concept, self-doubt, and low self-esteem are common feelings held by many women. These feelings of inadequacy often contribute to depression, passivity, and anxiety, which often prevent women from leading more healthy, happy and successful lives.

The self-esteem workshop will ex-

amine issues such as self-acceptance, body image, depression, addiction, sexuality and eating disorders.

Hayes, a practicing therapist who has many years experience in working with women, uses a holistic approach in guiding women on a journey of self-discovery and self-acceptance. Women will be invited to explore these issues through experiential exercises, sharing and role-playing.

The "Embracing Ourselves" program begins on September 11, 9:30 to 11:30

a.m. and will run seven consecutive weeks up to and including October 23. The program will be held at the Antigonish Women's Resource Centre. There is no registration fee. For more information or to register, call the AWRC at 863-6221.

"Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed."
Buddha

NOTICE

The Antigonish Women's Resource Centre is offering a
**Pre-employment Program for Women
Facing Barriers to Employment.**

If you are: Unemployed
Wanting financial independence
Wanting to develop employable skills
Willing to commit to an 18-week program
(Monday to Friday, 9 a.m. to 2:30 p.m.)

WE INVITE YOU TO JOIN US!

Successful applicants may be eligible for transportation and child-care allowances. Program begins September 10, 2001. *Funded through Human Resources Development Canada.*

Applications are now being accepted.

To apply, contact Heather or Sherry at 863-3851
Antigonish Women's Resource Centre
Suite 201, Kirk Place
219 Main Street (project office)
Antigonish, NS B2G 2C1