

Women's Resource Centre plans series of workshops

The Antigonish Women's Resource Centre is presenting a series of workshops dealing with women and self-esteem.

Negative self-concept, self-doubt, and low self-esteem are common feelings held by many women according to research. These feelings of inadequacy often contribute to depression, passivity, and anxiety, which can prevent women from leading more healthy, happy and successful lives.

The self-esteem workshops, entitled *Embracing Ourselves: A Journey of Self-Discovery and Self-Acceptance*, will examine issues such as self-acceptance, body image, depression, addiction, sexuality and eating disorders. Program facilitator Barbara Hayes is a practicing therapist with more than 20 years experience.

She uses a holistic approach in guiding women on a journey of self-discovery and self-acceptance. Women are invited to explore these issues through experiential exercises, sharing and role-playing. Organizers point out past participants have benefited immensely from this program, describing the process as "exciting" and "empowering".

The program will begin on Thursday, October 24, and continue every Thursday up to and including December 5.

Sessions are scheduled for 9:30 a.m. – 11:30 a.m. at the Antigonish Women's Resource Centre.

There is no registration fee. For more information or to register, call 863-6221.

Oct. 16th / 02
The Casket

Embracing Ourselves

Join us for a seven-session program for women.

TOPICS INCLUDE

- Assertiveness
- Self-Acceptance
- Sexuality • Anger • Depression



When: Weekly, beginning Thursday, October 24
9:30 to 11:30 a.m.

Where: Antigonish Women's Resource Centre
NO COST TO PARTICIPANTS

**For more information or to register, contact the
Antigonish Women's Resource Centre at 863-6221.**