

Pacifica Psychological Services

Women's Wellness Workshops

“The Personal Magic of Self-Esteem”

Each of the 6 workshops will focus on specific topics to help consider essential components of self-esteem: Introduction, Basics of Human Worth, Create Self-Affirming Thoughts and Behaviors, Healing the Core Self, The Active Side of Love and Personal Growth, and Integrating the Past, Present and Creating your Future. Handouts and a workshop notebook with skill-building activities will be provided.

Fall Workshop Series:

Tuesday Evenings: 7:30-9:00 PM—9/13/11—10/18/11

Winter Workshop Series:

Tuesday Evenings: 7:30-9:00 PM—1/3/12—2/7/12

Spring Workshop Series:

Tuesday Evenings: 7:30-9:00 PM—4/3/12—5/8/12

The fee is \$40 for each 90 minute workshop or \$200 for the 6 week series—All workshops will meet at the office of Pacifica Psychological Services in Newport Beach, CA—Dr. Kathline Colvin will lead the group—Space is limited to 8 participants for each workshop—Contact us to sign up: (714) 593-6900, www.KathlineColvin.com, or complete the registration form on the back of this flyer.