

BEING ME

SANDWELL BEAM SELF-ESTEEM & CONFIDENCE GROUP

12-16YRS



6 WEEK GROUP
TUESDAY'S 4:30-5:30PM

From: 26th January
To: 2nd March 2021

Together we'll aim to:

- Understand self-esteem and confidence
- Learn coping strategies and new ways of thinking
- Meet others with similar experiences
- Feel happier and more positive about ourselves

TO JOIN

Click 'Register With Us' on our website.
(you won't have to do forms again if you've registered before).

We'll call you back as soon as we can,
remember to tell us you're interested in
joining the 'Being Me' group!

WWW.CHILDRENSOCIETY.ORG.UK/BEAMSANDWELL

