



The Self-Confident Woman

A 7-week psycho-educational group designed for women who are interested in exploring their identity and becoming more aware of their strengths and resourcefulness. This group is meant to provide participants with skills and knowledge that will assist them in the process of reaching healthy levels of confidence. Screening interview required. \$210 for 7 sessions (subsidies available)

Thursdays, Sept 22 to Nov 03, 2022

6:30 p.m. to 8:30 p.m.

Catholic Family Services of Toronto

Virtual Zoom Meeting

For more information, please call Andrea Jaramillo at (416) 222-0048 ext. 229. Or email at: ajaramillo@cfstoronto.com

