



## **Self-Confident Woman (SCW) Group**

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. Participants will have an opportunity to engage in discussion of topics related to self-confidence during each session.

### **Program Goals:**

1. To increase levels of self-reflection
2. To recognize internal and external influences on self-esteem and confidence
3. To develop strategies intended to improve and maintain a healthy sense of self
4. To take an active role in the personalization and application of skills gained
5. To benefit from the positive effects of group connection and interaction with other women

**Central Toronto Office- 1155 Yonge Street, Suite 101**

**Toronto, M4T 1W2**

**Thursdays 6:30-8:30pm**

**\$30 per session (\$300 total) - subsidies are available**

**Please call Andrea Jaramillo at (416) 921-1163 ext 2224 to set up an initial interview.**

**Catholic Family Services of Toronto is a Catholic Charities member agency supported by ShareLife.**

