

# ~Building Self-Esteem~ Workshop for Young Women

Scarborough Women's Centre is committed to preparing Young Women for successful futures. We provide educational sessions on issues facing Young Women and provide assistance to make positive life choices.

Self Esteem is a vital part of this process and the impact of low self-esteem often creates road-blocks to success.

The goals of this session are to:

- Assist Young Women to identify the impact of high vs low self esteem
- Use simple tools to boost self esteem

\*Workshops are available for small to medium-sized groups and are authorized for delivery at TDSB schools.



**Scarborough  
Women's  
Centre**

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