

Come join us every Tuesday at 4:30pm for

# HELPING HANDS

...a group dedicated to exploring issues that matter to *you*.



We are currently looking at how our self-esteem affects our recovery and different ways we can have a healthier opinion of ourselves.



**September 5<sup>th</sup> – Our Unconditional Worth**

**September 12<sup>th</sup> – Loving Ourselves and Others**

**September 19<sup>th</sup> – Growing and Change**