

Uplift Yourself



WHERE

Hybrid Group

Virtual & In-Person

WHEN

Wednesday

2pm-3pm

In this group we will explore the many different concepts of the **self**, such as **self-worth**, **self-esteem**, and **self-compassion** while encouraging individuals to reflect on the ways they view and treat themselves as we work towards **reframing negative self-thought**.

*Interested in joining this group but not a TMHA Wellness Center member?
Please contact the Safe Haven at (805) 489-9659 for more information on how to join.*

