

You Are Worthy!

Learning to Raise Your Own Bar

Have you ever wanted to learn how to raise your own bar?

Christina Florand and Denise Whalin will show you how to develop skills for:

- improved self-confidence,
- assertiveness,
- boundary setting, and;
- negotiation tools to handle life's challenges!

If you would like to learn how to stop current habits that hinder strong self-esteem and develop new habits to get what you want from your life, join Christina and Denise for a seven week workshop at the Venice Center of the WRC.

DATES:

Thursdays,
August 17 & 31,
September 14 & 28
October 12 & 26
November 9

TIME:

6:00 – 8:00 pm

FACILITATORS:

Christina Florand
Denise Whalin

LOCATION:

The Brickyard
530 US Highway 41 Bypass S.,
Suite 5-A, Venice FL 34285

TO REGISTER PLEASE CALL:

941-485-9724

COST:

\$2 per session
New clients please arrive 10
minutes early to complete
program registration

WEBSITE: www.wrcmanatee.org

WEBSITE: thewomensresourcecenter.org

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