

Adult Learning SESSIONS

SELF ESTEEM

***Monday, April 26
6 P.M. TO 7:30 P.M.***

FOR: Adults, seniors, & older youth

COST: Free

WHERE: Online

Learn about what self esteem is, why it is important, and how to foster it in yourself and your children/teens. Understand the role that self esteem plays in healthy development and ways to support this through conversational skills.

FAMILY AND COMMUNITY SERVICES

**Register at strathcona.ca/adultlearning
or call (780) 464-4044**