



OUTPATIENT MENTAL
HEALTH & ADDICTIONS
SERVICES

YOUTH SELF ESTEEM GROUP

LEARN TO BUILD AND MAINTAIN HEALTHY SELF ESTEEM
IN THIS PEER FACILITATED GROUP

**THURSDAYS 2PM- 3:30PM
ONGOING**

POSITIVE SELF TALK

BUILD CONFIDENCE

COMBAT THINKING
TRAPS

SELF COMPASSION

SCAN FOR REFERRAL



REGISTRATION REQUIRED
519-751-5544 EXT. 2126

WALKINGALONGSIDEYOUTH@BCHSYS.ORG