Join us as we come together to embark on

The Journey of Self

Groups on

Wednesdays

12:00-1:00PM

Esperanza Self-Help Center
1235 First Street
Gilroy, CA 95020
408-852-2460
www.sccbhsd.org/esperanza

Explore what it means to know yourself, love yourself, and keep yourself well.

Topics include:

• Introspection
• Self love & acceptance
• Affirmation techniques
• Self care