



South Cheshire
CLASP

**Support for
lone parent
families**

BUILDING SELF ESTEEM Parenting Course

Tuesday morning's
6th, 13th & 20th March 2018
At Jubilee House, Crewe
10am - 12 noon
Crèche provided

- **What is self esteem?**
- **How self esteem affects relationships**
- **What is the impact of low self esteem?**
- **Symptoms of high/low self esteem**
- **What are my goals for the future?**
- **What feeling do we have as single parents?**

Places limited, book yours today...

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