

Self-Esteem Workshop by Personal Counselling

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Learn strategies to manage your perception of self, gain inner strength, and maintain healthy self-esteem.

Dates: Wednesday March 22, Thursday March 23 at 2:30 p.m.

Facilitator: Janelle Campbell, Personal Counsellor

Virtual/In-person?: Virtual

Questions & registration: Euodia.leung@senecacollege.ca

tags : student-life