

Empowerment Group



Build **confidence**, **self-worth** and **self-esteem** in this group for women.

Our focus will be on identifying **your strengths** and assertiveness and learning to use these skills in everyday situations where you may feel disempowered.

If you are struggling with low self-esteem or are feeling generally disempowered this group can help you.

In this group you will:

- Engage in discussion with other women in a supportive environment
- Focus on identifying your strengths, increasing assertiveness and utilizing these skills to empower you in your everyday life

Wednesdays at 12:00 pm

Northside Community Outpatient Services
226 Dixwell Ave, 2nd FL, New Haven

Contact your clinician to be referred to this group.



Cornell Scott
Hill Health
Center

www.cornellscott.org •   