

Improving Your Family's Self Esteem

A four week course for parents and carers

This 4 week course is designed to help you value yourself more and understand how and why children may have low opinions of themselves.

The topics covered include: understanding how self esteem develops, knowing the impact of a low self esteem and developing strategies to develop and also maintain self esteem.

The course runs on Thursdays from 18th November to 9th December between 09.30am and 11.30am. For more information please pop in and talk to the centre staff, email bigginhillcfc@bromley.gov.uk, call 01959 571694, or visit www.bromley.gov.uk/bromleychildrenproject