

Learning to Love YOU: A Self-Esteem Psychoeducational Group

Wednesday; 10/19, 10/26, 11/2 & 11/9 | 3pm - 4pm

This structured, four-week group will focus on understanding what self-esteem is, what is causing you to maintain your low self-esteem, transitioning negative self-talk, and moving toward accepting yourself. You will be given different activities to do on your own between sessions to help you practice the skills learned and/or to boost your progress.

Sign up now to reserve your space:

<https://ysu.edu/student-counseling-services>



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