

Self-Esteem & Confidence Courses

All courses set in small friendly groups

Ask us for details

- Raising your self-esteem
- Feel better about yourself
- Focus on the positive
- Affirmations
- Goal setting



www.mysistershouse.info

108c London Road, Bognor Regis PO21 1BD
Tel: 01243 697800

Arun and Chichester Women's Centre
'Inspiring women to live their potential'

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