

ASSERTIVE LIFESTYLES FOR WOMEN



**Announcing a Five Week Journey of Self-Discovery -
Empowering Women to Speak, Act and Think Assertively**

Learn Assertive Communication | Get your Life in Balance

Set and Achieve Goals | Overcome Blind Spots

Challenge Self Defeating Behavior | Reframe Negative Thinking

Discover a New and More Confident YOU!

Tuesdays – 5:30-7:00 | September 15 – October 13 | \$125 (5 Sessions)

At the Offices of Ellen Harris

Licensed Mental Health Counselor

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Call Ellen Harris

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