

SELF-ESTEEM FOR *Mothers*

11:00 AM - 12:15 PM

SATURDAY **13** JULY

READING PUBLIC LIBRARY - SOUTHEAST BRANCH
1426 PERKIOMEN AVENUE READING, PA 19602

Empower yourself as a mother—discover strategies to overcome self-doubt, set boundaries, and prioritize self-care at our workshop!



With Sarah Alley,
MA, CAAP, CRS

*Register
Now*



Family Therapist - Women's Continuum of
Caron Treatment Center