

CNU Office of Counseling Services

Presents...

WELLNESS THURSDAYS

Workshops for Mental Health and Good Living

For THURSDAY SEPTEMBER 15th

How to Love Yourself: Building Self-Esteem, Self-Confidence, and Self-Compassion

Struggling with what you think of yourself and/or what you believe others think about you? Come join us to learn practical ways to regain power over your thoughts so that you can love yourself again.

12:30pm to 1:20pm

Forbes 2070C