



Blacktown Women's and Girls' Health Centre

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Confidence Building

Wednesdays 1:30pm— 2:30pm,

Program starting 19th February till 16th April 2025

Join our confidence building group to gather tools in attaining self-esteem and a positive mindset to empower yourself in achieving your goals.



Week 1: Confidence and Self-Awareness

Week 2: Negative Self-Talk

Week 3: Self-Worth

Week 4: Visualisation for Confidence

Week 5: Setting Boundaries

Week 6: Self-Acceptance

Week 7: Body Language

Week 8: Celebrating Future Growth

Please ring our reception on 9831 2070 and book your spot!

Please Note: There is no onsite parking for clients or visitors.