

do you want to
**feel better
about yourself?**

we can help

Build your **confidence**
and improve your **self
esteem** by attending
our free six week course.

The **Harbour Self Esteem
Programme** takes place
weekly in your local area and
each session lasts 1½ hours.

for more information call:

 **0845 602 7308**

Local rate call

www.myharbour.org.uk