

# Women's Self-Image Group



**SureHop**  
COUNSELING & TRAINING CENTER  
Redeemed. Renewed. Transformed

**JOIN US STARTING JUNE  
1ST, 2017 FOR AN 8-WEEK  
GROUP**

The female identity has undergone so much scrutiny and change over time and across cultures.....have you felt it? Come explore how we, as women, see ourselves \*physically \*emotionally \*mentally \*spiritually.

It's a look into who we are and what we crave to be. We will explore how our view of our self affects our relationships with others, food, and God.

- Explore your identity and view of yourself
- Build confidence and security in yourself
- Understand how self-image affects other aspects of your life
- Utilize your creativity to grow yourself
- Learn about the stories you tell about yourself



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