



Boosting Self-Esteem Course

Lacking confidence?

Self-critical?

Feeling bad about yourself?

The Boosting Self-Esteem course is designed for people who experience low confidence and self-esteem and may feel low, depressed or anxious as a result. It is based on Cognitive Behavioural Therapy (CBT) which is the recommended treatment for building self-esteem.

This course will help you to understand how the problem developed and identify the unhelpful patterns of thinking and behaviour such as avoidance and self-critical thinking that might be stopping you from moving forward in life.

We teach you how to experiment with alternative ways of thinking and behaving in order to create meaningful life changes. We also help you to develop acceptance and self-compassion in order to improve your mood and feel good about yourself.



When? Tuesdays 10:00am – 12:00pm

Where? Community Living Well Psychological Therapies, St Charles Health & Wellbeing Centre, Exmoor Street, W10 6DZ

How? 10 weekly sessions in total with self-help booklets provided, running periodically throughout the year. Reserve your place now!

To Join* If you would like to join this group, speak to your GP or complete our online self-referral form [here](#)

*Following a referral a therapist from our service will contact you to complete a brief telephone triage, during which you and the therapist will consider if the group or any other available services we offer would be most appropriate to support your psychological needs.

For further information, please call 020 3317 4200

This service is available for people registered with a GP in Kensington & Chelsea or the Queen's Park & Paddington areas of Westminster and is part of Community Living Well.

Where can I access Community Living Well?

Our services are based:

Violet Melchett Centre

30 Flood Walk
London
SW3 5RR

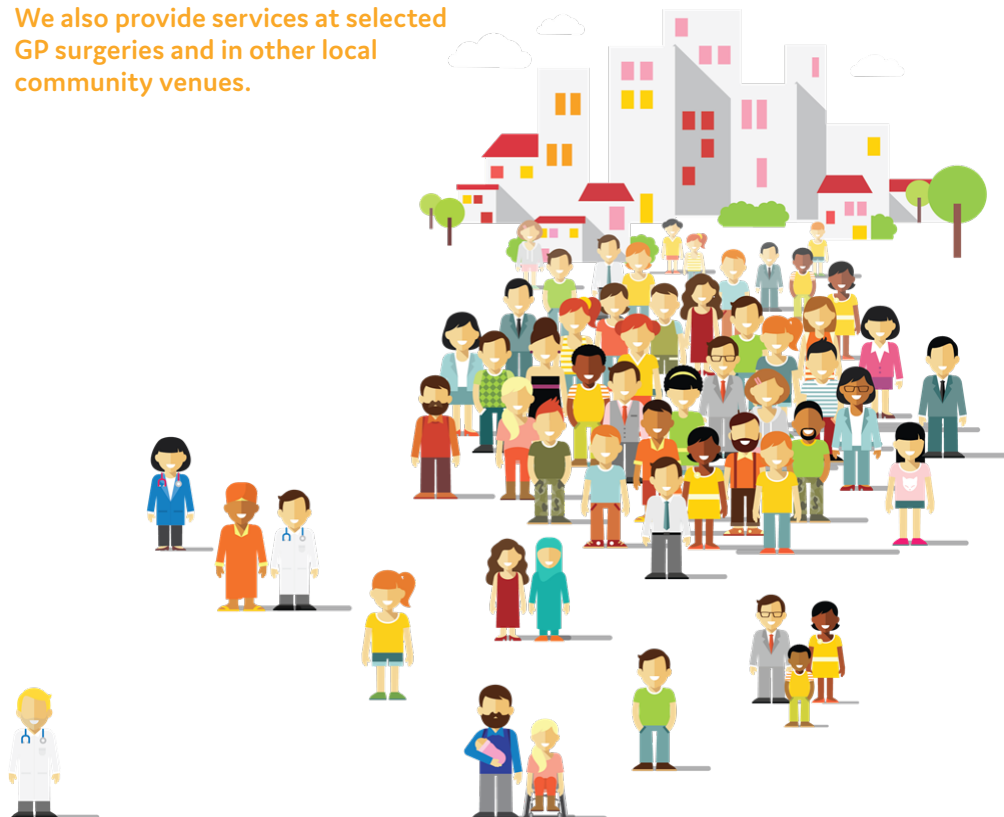
St Charles Centre for Health and Wellbeing

Exmoor Street
London
W10 6DZ

Gertrude St

15 Gertrude Street
London
SW10 0JN

We also provide services at selected
GP surgeries and in other local
community venues.



communitylivingwell.co.uk

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