



## 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 behaviours 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  
starting 25 February 2020

**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](http://communitylivingwell.co.uk)

020 3317 4200 | [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)