

# Developing Self

Take the *first steps* on a *new* journey...



In this class, you'll have the opportunity to reconnect with your core strengths and values while experiencing a new sense of belonging.

September 11 to October 11  
Mondays and Wednesdays  
10 am to 12 pm

- Explore new life directions
- Examine your strengths and values
- Develop courage and confidence
  - Identify successes and growth
- Make positive, healthy life choices!

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