

# Self Esteem

Life changing help

- The feelings I have about my self-image
- What is Self Esteem
- Who Am I
- Can people really change?
- Dealing with Past Hurts
- Stumbling Blocks into Stepping Stones
- Relationships
- Feelings about self
- Breaking free from hurt
- Self Esteem with a Purpose
- Active Self Help
- Guilt the Gateway to Freedom

Freedom starts with a choice

Want to find out more?

Call: 01422 323225

[www.projectcolt.org.uk](http://www.projectcolt.org.uk)

Run by Trained Volunteers within the Christian Community



**ProjectColt**  
GIVING YOU CHOICES