
What is the Assert Yourself! Workshop?

The Assert Yourself! Workshop for Women was developed by the Elizabeth Fry Society to challenge women to adopt assertive behaviors. Learning ways to increase self-esteem and self-awareness has been identified as an immediate need by the women in our community.

Many women have difficulty expressing their thoughts and feelings in a positive and assertive way. The Assert Yourself! Workshop investigates these feelings and provides coping tools and techniques that enable women to deal with the issues in a constructive way.

The Assert Yourself! Workshop is offered in a series of four sessions (all four sessions *must* be attended). These workshops are designed specifically for women and are conducted in a safe and supportive environment.

Registration Fee: \$75.00

Please ask about our payment options

What will the Assert Yourself! program offer me?

The Assert Yourself! Workshop offers women the tools to identify and increase personal empowerment. It provides a comprehensive overview of the kinds of situations women encounter and ways to deal with these situations in healthy and appropriate ways.

If you are enrolled in the Assert Yourself! workshop, you will have the opportunity to discuss the issues surrounding self-esteem and self-awareness with other women who are experiencing similar concerns. We also present a series of exercises and discussions that help women discover how to use assertiveness to enhance their lifestyles.

The principal topics covered in the Assert Yourself! Workshop include:

- Increasing your self-esteem
- How to say 'no' without feeling guilty
- Expressing a full range of emotions
- How to handle conflict with more confidence
- How to handle criticism

When is the Assert Yourself! Workshop being held?

Workshops are offered on an ongoing basis. Please contact the Program Coordinator for details.

***ALL FOUR SESSIONS MUST BE
ATTENDED***

Where is the Assert Yourself! Workshop being held?

**Elizabeth Fry Society
Mainland Nova Scotia
2352 Gottingen St.
Halifax, Nova Scotia
B3K 3B9**

***FOR MORE INFORMATION AND TO
REGISTER, PLEASE PHONE:***

454-5041

Ext. 24

**visit our website @
www.efrynovascotia.com**

OUR MISSION STATEMENT:

Our Society continues to work with, and on behalf of, women in conflict with the law by:

Responding to the needs of women in prison

Developing programs and services in the community for women who have been charged with offences and women at risk of coming into conflict with the law

Encouraging public awareness and understanding of issues related to women in conflict with the law

Lobbying for the improvement of conditions for women in local penal institutions

Lobbying for changes in the criminal justice system

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Mainland Nova Scotia
2352 Gottingen St.
Halifax, Nova Scotia
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Phone: 454-5041 (Ext. 24)

Fax: 455-5913

email: efrymain@efrynovascotia.com

**visit our website @
www.efrynovascotia.com**

PLEASE HELP US HELP!!

Support Us: As a non-profit organization, we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will.

Become a Volunteer: From our Management Team (board) to the One-to-One Program; volunteers are essential.

Help us to Educate Others: If you belong to a local organization or club, invite us to speak at your next meeting.

Take Out a Membership: You will receive newsletters and a vote at the annual general meeting.

Membership Application

Name

Address

Postal Code

Phone Number

Waged \$25_____ Unwaged \$5_____

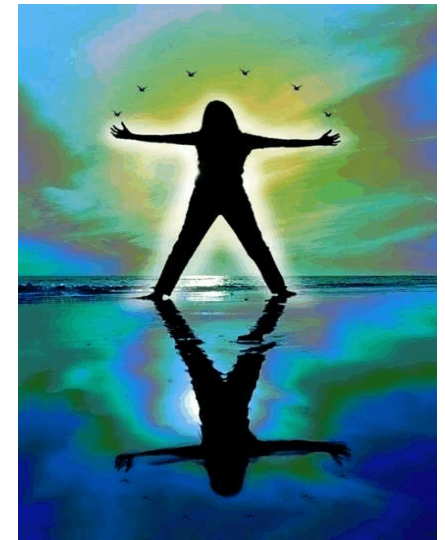
Group \$50_____ Corporate \$100_____

Sustaining \$100_____

*** I do not wish to become a member, but would like to make a donation _____**

**THE ELIZABETH FRY SOCIETY OF
MAINLAND NOVA SCOTIA**

**THE
“ASSERT YOURSELF!”
WORKSHOP**



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Halifax, Nova Scotia
B3K 3B9**