

Fox Valley Institute Presents...

An Evening with an Expert:

It's not Selfish, It's Self Care! How to Improve Self-Esteem without Guilt

By: Jenna Fash, MS, LCPC

About

In this one-hour presentation you will learn...

- How to define and develop self-esteem.
- How to define, develop and maintain healthy relationships.
- How to balance it all. You will learn that it is healthy to take care of and feel good about yourself. In addition, you will learn how to balance this with the other relationships and responsibilities in your life.

Cost

\$25 (100% of the proceeds will go to *Family Shelter Service*, a local non-profit)

Where

Fox Valley Institute
640 N. River Road, Suite 108
Naperville, IL 60563

When

Thursday, July 11, 2013 from 7:00-8:00pm



Registration

Please send an email to expert@fvinstitute.com or contact **630.718.0717 ext. 214**.

Jenna Fash, MS, LCPC



Jenna Fash is a Licensed Clinical Professional Counselor. She has past experience helping individuals who have suffered trauma and abuse to rebuild their identities. She specializes in helping individuals struggling with anxiety, depression, self-esteem, life changes and relational issues. Jenna received her Master's in Clinical Psychology from Benedictine University.