



SELF-ACCEPTANCE GROUP

Do you tend to feel **disappointed in yourself** often? Feel like you **aren't good enough**? Or sometimes feel **ashamed** of who you are?

If so and you are **female**, you may be eligible to join a Self-Acceptance Group that can help you **learn to cope better** during times when you feel bad about yourself. This group will be provided **free** of charge to those who might benefit, in exchange for participating in a study examining the effects of this group on emotions and quality of life.



For more info about the group and eligibility requirements, contact Michelle or Laura at SelfAcceptanceGroup@gmail.com, or call the Psychological Services Center at 217-333-0041.