

# SELF-ESTEEM

A person stands on a rock in the ocean, arms raised in triumph, against a vibrant sunset sky. The scene is silhouetted against the bright colors of the setting sun.

WE NEED TO SEE OURSELVES AS BASIC MIRACLES.

--VIRGINIA SATIR

**THE BOSTON RESOURCE CENTER PRESENTS  
A NEW GROUP:**

**WEDNESDAYS, 1:00–1:50**

[https://bostonmedicalcenter.zoom.us/  
j/5468153050](https://bostonmedicalcenter.zoom.us/j/5468153050)

**FOR FURTHER INFORMATION, CONTACT  
[IDONY.LISLE@BMC.ORG](mailto:IDONY.LISLE@BMC.ORG)**