

The SELF WORTH CIRCLE

Build Confidence • Find Your Voice • Connect with Others



When: Mondays, Sept 14 – Nov 16



Time: 3:30 PM – 4:30 PM



Where: Mason Hall East, Honors Building, Room 114

What's it about?

- ✓ Build self-esteem & confidence
- ✓ Learn tools for resilience
- ✓ Share experiences without judgment
- ✓ Connect with peers who understand

Why join?

Your worth isn't measured by grades, likes, or titles—it's inherent.
Let's discover it together!

How to Join:

Scan the QR code or email:



awinsett@jsu.edu



kfinley@jsu.edu

