

*Martinsville & Henry County Mental Health Association, Inc.*  
**Community Council Forum**

*Self-Esteem : Self-Defense*



presented by

Patrick Slifka, LCSW, CAC  
of National Counseling Group

*Thursday, Aug. 20, 2009*

*12:00 noon*

First Presbyterian Church  
of Martinsville

Reserve your seat early -

638-7801 or [mhcmha@gmail.com](mailto:mhcmha@gmail.com)

Bring your lunch-Dessert & Drinks provided