



The Positive Me: Building Self-Esteem



The Massachusetts Developmental Disabilities Council is accepting applications for our **Positive Me: Building Self-Esteem Series** for September 2025. The Series will be held on Wednesdays & Fridays from 10-11 AM for a maximum of 12 students. “The Positive Me” series will be taught online using zoom. This series is taught using our peer-to-peer teaching model for people with developmental and intellectual disabilities. There is no cost to attend.

Self-esteem impacts our decision-making process, our relationships, emotional health, and our overall well-being. In the “The Positive Me” series students will participate in a variety of interactive, engaging activities that promote a positive self-image. Having self-esteem helps all of us better understand our potential and can make us feel more confident about taking on new challenges.

Class Topics

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| • Class 1- Something About ME | September 10, 2025 |
| • Class 2- Feelings | September 12, 2025 |
| • Class 3 – Improving Self Esteem | September 17, 2025 |
| • Class 4 – My Positive Self Image | September 19, 2025 |
| • Class 5 – Motivation and Communication | September 24, 2025 |
| • Class 6 – Positive Collage and Graduation | September 26, 2025 |

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