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Scrapbooking Workshops for young people

A series of workshops for young people to build self-esteem

/24-7PressRelease/ - LAND O LAKES, FL, June 18, 2008 - Local author, Demene Benjamin is offering a series of self-esteem scrapbook workshops at the YMCA New Tampa Branch. A different theme will be offered each week and will challenge the participants to visualize what they want, what they believe; their dreams, successes and more. The workshops are free to members and non-members.

Author and speaker Demene Benjamin, has made it a lifetime goal to help build the self-esteem of young people. Demene can be found writing a monthly self-esteem article that is posted on her website www.demenebenjamin.com. She also takes time to visit schools, youth groups and churches for workshops and engagements. Demene says, "I want to help young people be better today! I don't want them to look at their reflection 30 years from now and start seeing the beauty; I want them to become familiar with it now.

Journal of My Reflections and Mapping the Vision the first two books in the four part series can be found online www.demenebenjamin.com .

It is so much easier to get where you are going if you have a map! To live life to its fullest you must have positive SELF-ESTEEM! The key to your happiness and success is in you. Discover the diamond in you and become an Esteem Builder. Please join Demene at the YMCA New Tampa each Wednesday, June 18- July 23, 2008 at 7PM. For more information contact Laura Okin at (813) 866-9622 or lokin@tampaymca.org

A person's worth in this world is estimated according to the value they put on themselves
- Jean De La Bruyere-

6 weeks of self-esteem for girls age 8-12

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