Positive Body Image and Self Esteem Workshop
Delivered by Centacare’s PACE program, a support service for Panic Anxiety, Obsessive Compulsive Disorders and Eating Disorders

Body image is your attitude towards your body - how you see yourself, how you think and feel about the way you look and how you think others perceive you.

This interactive 2 hour workshop will assist you to change your attitude towards your body. A healthy body image is being comfortable in your skin, happy most of the time and feeling good about being YOU. It is important to value who you are, not what you look like. Join us and your peers in this workshop where we will;

- Build self-esteem and body confidence
- Explore the causes behind body dissatisfaction
- Encourage positive thoughts and beliefs
- How to avoid the comparison trap
- Deconstruct the media images

These workshops are suitable for girls aged between 11-14 years of age and for groups of 10-20 participants.

When: Wednesday, 23 April 2014
Where: Henley & Grange Community Centre
196a Military Road, HENLEY BEACH
Time: 9.30am-11.30am
To register your interest please ring 8408 1277

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