

Constantly thinking about
how you look?

Do you want to build better **body
confidence?**

Body Project Australia

Body dissatisfaction is a common concern for young people.

If you are a young woman aged between 14 – 18 years old and tend to struggle with your body image, this may be the program for you!

Body Project Australia (BPA) is a four-session program aimed at improving body satisfaction and decreasing the risk of eating disorders.

Discussing these concerns can be difficult and the program offers a safe space for you to join like-minded peers to learn about improving your own body satisfaction.

Topics include –

- *Learning about what the appearance-ideal is and the costs of pursuing this ideal*
- *Exploring ways of building resistance to the pressures to look a certain way*
- *Discover ways to challenge our personal body-related concerns*
- *Encouraging a positive outlook about our bodies*

When: September School Holidays 23/9, 25/9, 30/9 & 2/10.

Where: Online via Zoom

Time: 2pm – 4pm

Cost: FREE!

Interested: Please contact Elisa on 0477 801 199 / elisa.spiller@each.com.au to discuss your interest in the program. Limited spots available.



Funded by the City of Whitehorse