



Butterfly Education

Body Confident Children and Teens for Parents Whittlesea

Locally supported by:



FREE (BOOKINGS REQUIRED)

Join the Butterfly Foundation for a relaxed and informative seminar for parents of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

Topics covered include:

- Background on body image and the importance of prevention
- Key influences on body confidence, including social media
- Importance of role modelling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note this session does not cover fussy eaters.*

Date: **Tuesday, 18th June 2019**

Time: **7 - 8.30pm**

Venue: **Edge Youth Services, 415 McDonalds Road, Mill Park, 3082**

Register: [HERE - https://thebutterflyfoundation.org.au/our-services/education/education-events/](https://thebutterflyfoundation.org.au/our-services/education/education-events/)

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Whittlesea, on the 18th and 19th June. For further information contact, education@thebutterflyfoundation.org.au