



Are you unhappy or dissatisfied with your body?

Are you looking for ways to improve your body image?

Would you like to engage with other women to explore how you can challenge body ideals promoted by society?

Many young women experience negative thoughts and feelings about their body. This can be the way you think about, feel towards, perceive and act towards your body.

The Body Project Australia is an internationally recognised program that seeks to empower young women to challenge pressures placed on them by society to pursue particular body or appearance ideals.

headspace Syndal is inviting students aged 14-18 years to register their interest in participating in Body Project Australia starting Term 4 Week 2.

- The program will be run in person
- 4 x 90 minute sessions held over four weeks
- Being held on Tuesday afternoons from 2.30pm

The program is suitable for people aged 14-18 years who:

- identify as female, woman, she/her
- are concerned about their body image or experience body dissatisfaction
- this program is an early intervention program and is not suitable for young people who are currently receiving treatment for an eating disorder.
- if you're unsure if this program is for you, please contact us - we're more than happy to chat!

Participation: This is an interactive program in a friendly, small group setting. Participation involves a combination of activities, reflection and group discussion with peers. Some activities will need to be completed before each session. Please make sure you can attend all four weeks, and that you are open to engaging with others during the sessions.

REGISTER YOUR INTEREST TO BE FIRST IN LINE TO ACCESS THIS FREE PROGRAM:

Via this link or QR code:
<https://forms.office.com/r/78SWhBzrYh>



Questions?

Contact Tanya (John Monash SS, Mental Health Practitioner) on
9905 0851, tanya.hempshall@jmss.vic.edu.au

Need help?

www.eatingdisorders.org.au