

SHINE

Do you often feel worried, sad or stressed?

Is this impacting your self-esteem and your relationships with others?

Shine is a therapeutic group program for young women aged 14-17 years who are experiencing symptoms of anxiety and/or depression. Shine aims to assist young women with improving their self-esteem and enhancing their social connections. The program will cover topics such as body image, identity, coping skills, friendships, communication and respect.

All young women referred will meet with the facilitators prior to the commencement of the program to ensure the program will best meet their needs.

For further details, please contact Kim Davey on 9871 2634 or email kim.davey@each.com.au

Where EACH Youth & Family
14 Silver Grove,
Nunawading
(next to Nunawading railway station)

When Thursdays
19th April – 24th May, 2018
(6 Consecutive weeks)

Time 9:30am – 12:00pm

Cost FREE
(Morning tea provided)

More information:

A parent support worker will be available throughout the program should parents of participants wish to speak with a worker as well.