



Introducing...

A series of four workshops for Young People to help improve Self Esteem and Body Image

DATES: TERM 1, 2013

Workshop 1 Self Esteem	Workshop 2 Body Image	Workshop 3 Healthy Living	Workshop 4 Communication & Relationships
Thursday 7 March	Thursday 14 March	Thursday 21 March	Thursday 28 March
4.30-6.30pm	4.30-6.30pm	4.30-6.30pm	4.30-6.30pm

Need to Know Info :

Venue: Suite 3/1A Knox Lane, Double Bay

Suitability: Young People 12 years +, both genders.

What is included: Healthy snacks and drinks, workshop handout, interactive activities, multimedia slideshow presentations and lively debates.

What to bring: A willingness to learn some new fun stuff. Writing materials and handouts will be supplied at each session.

Workshops groups are small, so places are limited.

TO BOOK, PLEASE CONTACT PAULA KOTOWICZ ON:

0414 585 358; paulajkotowicz@gmail.com; www.paulakotowicz.com