

## ***In Her Eyes: Self Esteem, Body Image and Self acceptance for your child or teenager***

**Learn tools and strategies to help increase your child's *self esteem and self acceptance* and *fight the challenges of body image*.**

The workshop will leave you with *greater awareness* and insight into the struggles that your children may be facing, while similarly, leaving you feel more *empowered* and *confident* to be able to help them fight their challenges.

### ***Topics covered include:***

- What is self-acceptance and self-esteem
- What is body image and how does it effect our sense of self
- Influences of body image
- Helping your children gain resilience
- Importance of the parent-child relationship and how close relationships and communication can help the fight and challenge

**BOTH** parents are encouraged to come along to this workshop



**Price:** \$35 for one parent/ \$45 for both

**Date:** Wednesday 25<sup>th</sup> November

**Time:** 7:00-9:30pm

**Location:** 3 Stanley Ave Cheltenham

Melways Ref: 86 J2

**To Register:**

email [drayner@reachout.org.au](mailto:drayner@reachout.org.au)

phone reception on 96585 5677