



# Body Esteem Project

## Mitcham

Locally supported by:



### Body Confident Children & Teens for Parents & Community Members FREE (BOOKINGS REQUIRED)

Join us 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 importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat 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 dealing with fussy eaters*

Date: **Monday, 21<sup>st</sup> May 2018**

Time: **7 - 8.30pm**

Venue: **Cumberland Park Community Centre**

Register: [thebutterflyfoundation.org.au/education/our-services/education-events/](http://thebutterflyfoundation.org.au/education/our-services/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 Mt Gambier week of 28<sup>th</sup> May

Butterfly acknowledges the support of:

