



be beautifully you

For most of us, body image plays an important role in our self-esteem. This group will explore the different factors contributing to negative body image, with an emphasis on the role of social media and the world around us. We will also identify some practical strategies to build a healthier relationship with our bodies.

Who

17 – 25 years old

When

Thursday, 2nd of November 2023

4.30pm – 6:00pm

Where

headspace Osborne Park

290 Scarborough Beach Road, Osborne Park

Contact us

Call (08) 9208 9555 or

E-mail info@headspaceospk.com.au

Sign-up here!

<https://bit.ly/3qOGz3q>



headspace Osborne Park is on Whadjuk Noongar land.
We acknowledge the Traditional Owners of this Country,
and we pay our respects to their Elders past, present and emerging.

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