

DO YOU WORRY ABOUT YOUR BODY AND APPEARANCE?

ONLINE TWO-PART WORKSHOP FOR YOUNG PEOPLE

Join an Educational Psychologist and a Children's Wellbeing Practitioner (CWP) to learn how to:

- Accept and appreciate your body
- Reject diet culture
- Reduce the power social media has over your self-esteem

Session 1: Tuesday 8th June 4.30 - 5.30pm

Session 2: Tuesday 15th June 4.30 - 5.30pm

All young people in secondary school years 7-13 welcome. Your parents and carers are welcome to join you if you'd like them to.

To book, please email:
eps-sews@enfield.gov.uk
or telephone 0208 379 2000

