



The Dove Confident Me

workshops address key topics including social media, peer pressure and strategies for promoting and protecting body confidence.

Over five 45-60 minute sessions, the workshop series covers:

- Challenging unrealistic sociocultural ideals of appearance
- Media literacy with respect to these ideals
- Reducing appearance comparisons and appearance conversations
- Encouraging body activism and positive behaviour change

For referrals to this group please contact ROCK's central intake line at 905-634-2347 ext. 439

These series of workshops will engage youth through live discussion, small group activities, video and activity sheets.

When:

Thursdays,
Feb. 1 - Mar 1 | Apr. 5 - May 13
6:00-7:30 p.m.

Register by: Jan. 25

Cost: FREE for Youth Ages 14-16

Where:

Danielle's Place, 895 Brant St.,
Unit #3, Burlington

Max Capacity: 15 participants