



# FREE BEING ME! *Empowering Girls* Improving Body Confidence & Self-Esteem

**Free Being Me** introduces the idea that society promotes a narrow and unrealistic definition of beauty. **Free Being Me** will use positive and affirming activities to nurture body confidence and self-esteem. Girls will be encouraged to express their own identity and connect with the world around them.

PLEASE NOTE: This is not a therapy group and is not intended for girls who are experiencing behavioural challenges, need one-on-one support in a group setting or need more intensive one-to-one therapy.

## FREE BEING ME For Girls 8-12

### When:

Every Wednesday

6:00-7:30 p.m.

October 10 to December 19, 2018

### Where:

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

## GIRLS WILL LEARN:

- What's inside us matters most
- There's not just one way to look beautiful
- About diversity of beauty ideals around the world
- About the media's narrow idea of beauty
- To value themselves and their abilities

For referrals to this group please contact ROCK's central intake line at 905-634-2347 ext. 1439

