

BODY IMAGE AND SELF-ESTEEM GROUP FOR YOUNG GIRLS

HEALTHY MINDS AND BODIES



To Register:

Email: alberatwellness@gmail.com

Call: 780-977-7062

Location: 10470 Mayfield Rd NW
Edmonton AB, T5P 4P4

- Girls, 11-15 years old
- Mon 6:00-7:00pm
- Cost: \$240/ 8-weeks
- Start Date: April 25th

Format: In Person

Jessica
Johansson,
Provisional
Psychologist



- Sample Topics:
- Redefining Beauty
- Building Self-esteem
- Positive Body Image
- Healthy Relationships
- Self-Compassion
- Body Consent
- Social Media Literacy