



the school action team presents: **SELF-ESTEEM**
BODY IMAGE *with nedic*

***Parent Workshop:
Body-Image, Self-Esteem, and
Media Literacy***

At the National Eating Disorder Information Centre, we know the harmful effects pressures on appearance can have. That's why we have created an accessible, creative and interactive workshop for parents on how to recognize symptoms, how to speak to your children, and what sources are available to help both parents and children to cope with the impact of poor body/self-image. This presentation is geared to parents; child care will be available on request.

***MARCH 2 AT 7:00 PM
in the library***