

overcoming issues of body image for teenage parents

OVERCOMING ISSUES OF BODY IMAGE FOR TEENAGE PARENTS

Course Introduction

Many teenage parents find it difficult to accept their physical appearance when pregnant or after birth. This workshop provides information that professionals can use to lead a discussion on body image including discussions around media pressure, increasing self confidence, spotting depression or eating disorders.

Course Details

This one-day training course is for anyone who is working with young parents and would like to be able to offer targeted support for issues of body image. By the end of the programme participants will have experienced:-

- issues of body image
- discussion of issues related to media, perceptions, expectations
- advice on supporting young parents with body image concerns
- suggested signposting and support agencies
- advice on spotting warning signs
- suggested resources

WORKSHOP SCHEDULE

Gestalt Centre, London.	8th Oct 2009 9.30am – 4pm
Cost (registration fee) Statutory organisations and private companies	£187
Individuals and small voluntary organisations	£167
Information	Price includes lunch. Workshop available to be delivered in-house on request.
FOR MORE INFORMATION OR TO APPLY CONTACT alexia@busymummy.co.uk 01843 598612	