

Brighter Futures Presents

BEAUTIFUL BUTTERFLY

A workshop series for girls aged 15 to 24

This group will provide an opportunity for young women to explore *who they are and who they want to become.*

10 weekly sessions addressing issues including:

- SELF ESTEEM & CONFIDENCE BUILDING
- SELF CARE VS. SELF HARM
- HEALTHY FRIENDSHIPS
- HEALTHY RELATIONSHIPS
- GOAL SETTING
- PLANNING FOR SUCCESS
- BODY IMAGE
- CREATING A POSITIVE SELF IMAGE
- MEDIA MESSAGES
- BULLYING
- CONFIDENT DECISION MAKING

Workshop series includes a spa night and a girls night out – dinner & a movie.

TUESDAYS EVENINGS

STARTING OCT 15TH, 2014

6:00 PM TO 8:00 PM

CURVE LAKE HEALTH CENTRE

Throughout the duration of this workshop, participants will create a video diary, which will become part of the final group presentation and will be presented at a graduation ceremony.

To register, please contact Courtney Taylor at the Health Centre

705-657-2557