



Do you often feel worried, sad or stressed?

Is this causing problems in your relationships with others?

Shine is a group program for young women aged 14-17 years who are experiencing symptoms of anxiety and/or depression that are having an impact on their self-esteem and relationships. The program will cover topics such as body image, identity, coping skills, friendships, communication and respect.

All young women referred to the program will meet with the facilitators prior to the program beginning to ensure the program will best meet their needs.

For further details, please contact Melanie Fearn on 8878 3800 or email mfearn@each.com.au

Where EACH Youth & Family
14 Silver Grove,
Nunawading
(next to the Nunawading railway station)

When Thursdays
11th May – 15th June, 2017
(6 Consecutive weeks)

Time 9:30am-12pm

Cost FREE

More information:

A parent support worker will be available at the same time should parents of participants wish to speak with a worker as well.

Proudly presented by the City of Whitehorse

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