

Mirror Mirror

How to like what I see?

For girls aged 15-17 years

Lakeside Rooms
Groups Programs
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A Quick Overview

Concerned about your looks?

Worried about how other people see you or what they think about you?

Do your feelings about your appearance stop you from doing what you enjoy?

Do you avoid looking in the mirror or when you do look, dislike who & what you see?

YOU ARE NOT ALONE!

Negative body image and low self-esteem are common among teenagers and young adults and can negatively affect the way you feel and stop you from living a healthy and happy life. Research shows a negative body image and view of self is related to higher levels of depression and anxiety as well as lower self-esteem. A negative body image can also impact your quality of life – i.e. stop you from hanging out with friends; going to the beach; spending more time than you want at the gym, changing outfits or trying to fix your appearance.

If you struggle with any of these concerns or want to feel better about yourself then **Mirror Mirror** can help! **Mirror Mirror** will help you understand and build a positive relationship with your body and begin to challenge some of those unhelpful thoughts and behaviours that are preventing you from enjoying your life. It will also help build your self-esteem and confidence, helping you value who you are.

*“When you are content to simply be yourself and don’t compare or compete, everybody will respect you”
- Lao Tzu*



Program Details

This program will be offered as a 5 x 2 ¼ hour sessions over 5 weeks.

Weekly 6:00pm – 8.15pm over 5 weeks •

Commencing Tuesday 27 February • Cost \$90/week

(subject to numbers, rebates of \$63.30 per week may apply)

Program Practitioners

Terri Sheldon

Clinical, Counselling and Educational & Developmental Psychologist

Terri has a special interest in helping people feel better about themselves. She has a vast experience of over 30 years working with children, teenagers and adults in community, hospital and private practice settings who need that extra bit of help to transition out of difficulty into confidence and happiness.

Julia Say

Provisional Psychologist

Julia is currently completing her Master of Psychology (Clinical) at Bond University. She has an interest in working with children and adolescents, and has completed placements in community clinic, and school settings.

To Make a Booking

To register your interest in attending this group program or to find out more information, please feel free to contact Andrea Armstrong at groups@lakesiderooms.com.au or phone us on 5562 0466 or 0430 433071.



Call us today (07) 55 620 466

Level 3 Building 3
Lakehouse Corporate Space
34-36 Glenferrie Dr. Robina Qld

Lakeside Rooms is the first multidisciplinary group private practice for mental health professionals on the Gold Coast; offering services to patients from psychologists and psychiatrists

Find out more at www.lakesiderooms.com.au