

# Mirror Mirror

## *How to like what I see?*

For women aged 20 years and older

Lakeside Rooms  
Groups Programs  
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April 2018



**Commencing: Tuesday 16 October 2018**

Weekly 6:00pm – 8.15pm over 5 weeks (subject to numbers)

Cost \$450.00 (possible rebates up to \$316.50)

## 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 but affect women of all ages 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.

**Cost: \$450.00**

*Medicare rebates of \$63.60 per week available for those with a Mental Health Care Plan and who attend that week's session*

## Where...

This group runs at our Robina rooms:

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

## 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

*Psychologist*

Julia has completed 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 book into this group please go to <https://www.trybooking.com/VDNH>

To find out more information or to enquire about other groups please feel free to contact us on 55620466.



**Call us today (07) 55 620 466**

Robina and Coomera

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](http://www.lakesiderooms.com.au)