



**headspace**  
Onkaparinga

# Self Worth & Body Image Group

**A weekly workshop for any female wanting to learn why they struggle with their own self esteem, self worth or body confidence. The group will allow you to learn new skills to enhance your coping strategies and take care of yourself.**

Ella is a Masters social work student on placement at headspace Onkaparinga. She has been with headspace since 2013 facilitating mental health workshops in local Adelaide high schools and sports clubs.

Ella has a Bachelors of Behavioural Science in psychology from Flinders University, majoring in Women's Studies. She is currently studying her Masters while at headspace.

Ella has a passion for working with groups, with her main interests lying in self worth and body image in young women.

**If you'd like to know more about this 3 week workshop, call Ella at headspace Onkaparinga from Monday—Thursday.**

## When

Thursday 2/11/17 at 4pm—5pm

Thursday 9/11/17 at 4pm—5pm

Thursday 16/11/17 at 4pm—5pm

## Where

headspace Onkaparinga

3/50 Esplanade, Christies Beach, 5165

## Contact

Ella at headspace Onkaparinga

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