

STILL Beautifully You is an 8-week program which will help any young girl start to build self-belief and empower her to stand tall as the wonderful person she already is.

The Program will run for 8 weeks in Term 3. Details as follows:

Time: Every Tuesday beginning 18th July 2023

Time: 4:00-5:30pm

Location: Nillumbik Learning & Living Centre, Eltham

This program is aimed to give girls an introduction and awareness into the power we have inside of us to be who we want to be.

Using a range of activities including role play, mindfulness, games and creative expression, we will cover topics around-

- Thoughts & self talk, emotions, beliefs, values, strengths, bullying, anxiety and confidence. The details of the program have been sent via email and parents&carers are expected to read the information carefully so that they are fully aware and happy with the contents of each session. It is the responsibility of the parents to bring up any concerns or questions as they arise around the program content or their child.
- Participants need to bring with them to each session an A3 sketch pad, pencil case with felt tips & colouring pencils, a named water bottle and a nut free snack.

PARENT/CARER CONSENT

- I give permission for my child to attend the STILL Beautifully You! 8-week program starting on Tuesdays on the 18th July 2023. I have read the outline of the program and agree to the content which will be presented to the participant every week.
- I commit to bringing my child to Nillumbik Learning & Living Centre, Eltham at 4:00pm every Tuesday starting on 18th July for 8 weeks and picking her up promptly at 5:30pm.
- I understand that it is my responsibility to inform Carolina Andersson of any allergies or areas of concern which may be relevant to the safe running of the program.
- I understand that the fee I have paid is non-refundable, and that there are no make-up classes possible.
- I understand that this program is not a form of therapy, but an educational, fun workshop where tools and strategies will be shared and learned which can be used in my child's day to day life.
- Should any sensitive information be shared during the sessions, I understand that the program leader (Carolina Andersson) cannot be held responsible for this, but that she will ensure she will keep it confidential to the best of her ability, and that the children understand the value of confidentiality before the start of each session.