

# SHINE

## Term 3 School Holidays!

*Do you often feel worried, sad or stressed?  
Is this impacting your self-esteem and  
your relationships with others?*

Shine is a therapeutic group program for young women aged 14-17 years who are experiencing symptoms of anxiety and/or depression. Shine aims to assist young women with improving their self-esteem and enhancing their social connections. The program will cover topics such as body image, identity, coping skills, friendships, communication and respect.

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

**For further details, please contact  
Kim Davey on 9871 2634 or Julie Ritchie 0427  
862 865 or email [kim.davey@each.com.au](mailto:kim.davey@each.com.au)**

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

**When** **TERM 3 SCHOOL  
HOLIDAYS!**

Tuesdays and Thursdays  
Week 1: 24<sup>th</sup> & 26<sup>th</sup> Sep  
Week 2: 1<sup>st</sup> & 3<sup>rd</sup> Oct

**Time** 10:30am – 2:30pm

**Cost** FREE  
(Morning tea provided)

### **More information:**

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