

Step
It
Up...



ESTEEM ! - For Teenage Girls

5 weeks of Small Group Workshops to
Boost YOURSELF ! - Limited Places

(Workshops will be bulk-billed if a Mental Health Care Plan is in place)

We will be working on improving self-worth, self-esteem & body image
using confidence building, goal setting, emotional regulation & mindfulness

For further information or to register please contact:

Poulton Psychology

Ph: 02 4422 5518

e: info@poultonpsychology.com.au



Poulton Psychology

Therapy . Counselling . Assessment