



**Do you often feel worried, sad or stressed?**

**Is this causing problems in your relationships with others?**

Shine is a group program for young women aged 14-17 years who are experiencing symptoms of anxiety and/or depression that are having an impact on their self-esteem and relationships. The program will cover topics such as body image, identity, coping skills, friendships, communication and respect.

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

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

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

**When** Thursdays  
26<sup>th</sup> October – 30<sup>th</sup> November,  
2017 (6 Consecutive weeks)

**Time** 9:30am-12pm

**Cost** FREE  
Morning tea provided

**More information:**

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

Proudly presented by the City of Whitehorse

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social and community health

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