

DPAC presents “Parents’ Night Out” topic

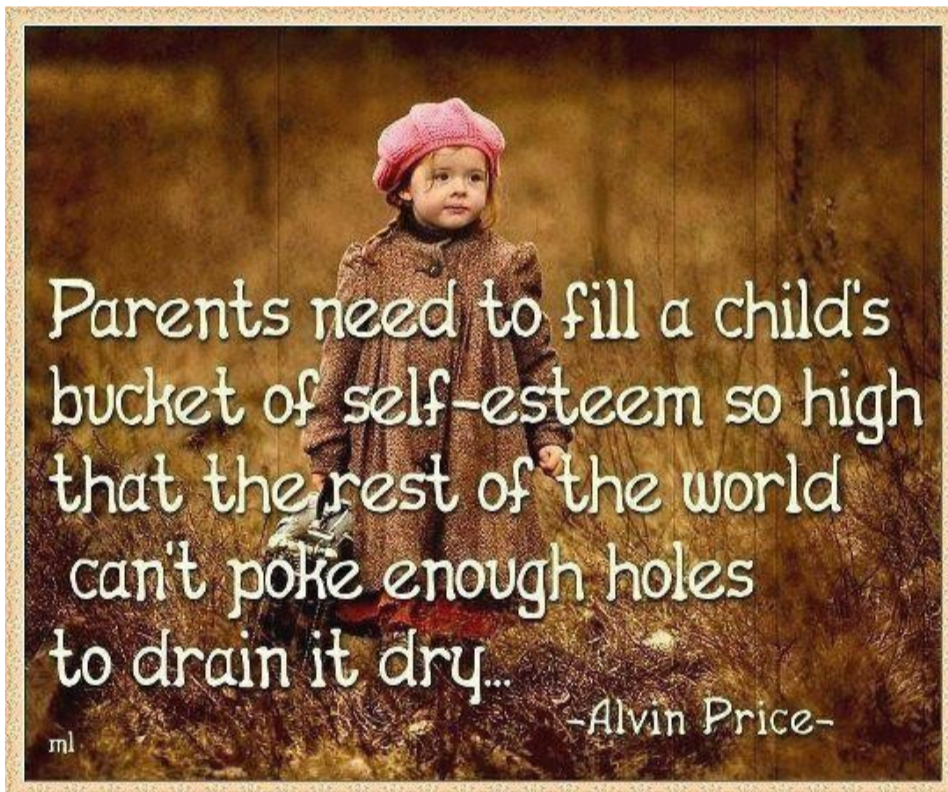
Nurturing Your Child’s Sense of Self Esteem and Body Image

with Deirdre McLaughlin
Nelson Mental Health

Tuesday February 25th - Free

Mount Sentinel Secondary School

7-8:30pm (For parents of children in Grade 5 and up)



- Adolescence can be a vulnerable time when kids are susceptible to messages from many sources, including media, family, and friends.
- The pressure to be thin and “look good” can be relentless, especially for girls

Find out what you can do as parents to help nurture and guard your child’s self-esteem at this tender age.

Learn what behaviours and attitudes help prevent eating disorders, and how to spot the warning signs if an eating disorder is developing.

For more information contact Louise Poole,
Health Promoting Schools Coordinator,
at hsc@sd8.bc.ca (250-825-9202)

Travel and childcare subsidies available on request at the door

