

Self Esteem Workshop Offered to Julian Girls!

Dove Real Beauty Workshop

Facilitated by the
Julian Community Parent Coalition



www.juliancpc.org

Get involved to make a change! Participate in a Dove Real Beauty Workshop.

Every day, we are bombarded by hundreds – if not thousands – of airbrushed images of “beauty.” These images have the power to affect how we see our bodies and our selves.

How can we encourage young girls and women everywhere to embrace a more positive image of themselves, both inside and out? You can start by participating in this upcoming Dove Real Beauty Workshop for Girls.

The Dove Real Beauty Workshops for Girls are fun, educational and interactive sessions for young girls and their adult female mentors: mothers, relatives, friends – anyone interested in starting a dialogue on beauty and self-image with a member of the next generation.

By attending these workshops, you’ll learn how society creates “ideal” images of beauty and how to engage young girls in a healthy dialogue about self-esteem.

Our Second Workshop is for 5th Grade & UP Girls & Their Mothers/Mentors

**Please Join us.
Saturday, March 28, 2009
3pm to 5:30pm
Julian High School Multipurpose Room**

**RSVP Required
Please Call Robin Boland @
760-765-2298
Or Email
bolandemail@earthlink.net**



Additional workshops for girls ages 8-12 will be held in the future.
To be informed of the dates, please email Robin @
bolandemail@earthlink.net

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