

No cost

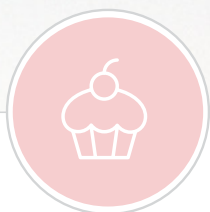
Body in mind

Group program that aims to increase knowledge and understanding the mind and body.

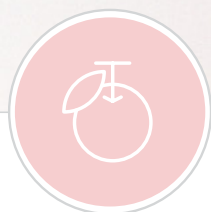
For those aged 12 years and over who are struggling with body dissatisfaction and/or disordered eating behaviours and are looking for a change.



Body image and dissatisfaction



Disordered eating



Healthy eating and exercise



Influence of the media and those around us

**To register your interest in attending group, please email:
hello@thinkmh.com.au or call 1800 595 212**

Canberra Head to Health, Alia House, 9 Napier Close, Deakin Downstairs Meeting Room.

Group will be facilitated by a Senior Clinical Psychologist and supported by additional mental health clinicians. This is an early intervention group so it is not suitable for those with a current or past diagnosis of an eating disorder.

1800 595 212

hello@thinkmh.com.au

Think Mental Health Pty Ltd

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