

THE BODY PROJECT

An Evidence-Based Body Image Education and Support Group

The Body Project is a cognitive body-acceptance program designed to help young people resist cultural pressures to conform to the appearance ideal standard of beauty and reduce their pursuit of unrealistic bodies. The Body Project is supported by more research than any other body image program and has been found to reduce onset of eating disorders. This is a fun interactive group that involves robust discussions and exercises for young people ages 13 - 24 years old.



DATES:

- Tuesday, October 25th – 5pm (ages 13 – 17) or 7pm (ages 18-24)
- Tuesday, November 1st – 5pm (ages 13 – 17) or 7pm (ages 18-24)
- Tuesday, November 8th – 5pm (ages 13 – 17) or 7pm (ages 18-24)
- Tuesday, November 15th – 5pm (ages 13 – 17) or 7pm (ages 18-24)

WHO IT IS FOR: This is for all young people aged 13 - 24. As it is a preventative program, it is not for people with historic or current eating disorders. There will be 6 - 8 per class.



FACILITATORS:



KATE DE BRUYN is a specialist trained Mental Health Nurse who has worked for a decade in New Zealand and Australia in a range of secondary and tertiary public health settings providing specialist treatment for clients with eating disorders.



STEPHANIE BURD is a Clinical Social Worker and has been working in mental health for the past 10 years with a specific focus in supporting individuals with eating disorders since 2018 in both Canada and New Zealand in public and private healthcare settings.

DURATION: Once a week for 1 hour, for 4 weeks

LOCATION:

New Zealand Eating Disorders Clinic, 52 College Hill, Freemans Bay, Auckland

COST: \$250 (\$217.39 + GST)

GET IN TOUCH: Email groups@nzedc.co.nz . Please let us know the participant's **full name, age, pronouns, and why you would like to join**. If we do not have enough spaces for the dates above, we can add you to our waitlist for the next available group.

If you are interested in larger or specific groups (schools, girl guides, uni groups, church groups etc.) please contact us to discuss further.

