

**Intercept** present

# PEARLS

*Positive Empowerment 4 Real Ladies*

**Feel good about yourself**

for young women aged 13-15 years

This program focuses on improving self esteem and self worth in young women and teaches them to value and respect themselves.

Adolescence is a time of significant physical, cognitive and emotional growth. Developing resilience and self esteem during this period is critical to ensuring adult mental health.

**Women's Health**

**Healthy Relationships**

**Self Esteem and Body Image**

**Safe Partying**

**Cyber Safety**

**Health and Nutrition**

**How to register:**

Call Intercept on **07 5428 1684**  
or email [sarah.souter@lccqld.org.au](mailto:sarah.souter@lccqld.org.au) for an enrolment package

**Places are limited. Contact us to grab your spot.**



Lutheran Community Care

This group is provided through a partnership between the Redcliffe Caboolture Child and Youth Mental Health Service and Intercept Youth and Family Service