



Did you know...

72% of girls

15 to 17 withdraw from life engaging activities due to feeling badly about their looks.*

*"Beyond Stereotypes: Rebuilding the Foundation of Beauty Beliefs"
The 2005 Dove Global Study

Self-Esteem Workshop

The CIAC in partnership with the Dove Self-Esteem Fund would like to invite teachers and nurses to attend a FREE workshop about self-esteem issues.

What you can do:

Spend time with Dove and the Campaign for Real Beauty to discover self-esteem issues facing youth today and learn relevant tools for overcoming these issues in your classroom.

The presentation, hosted by **Rande Bynum**, MSW – Co-author of true you! “Sometimes I Feel Ugly and Other Truths About Growing Up” will get you started fostering self-esteem around you.

What you will take away:

- understand the magnitude of the issues
- recognize when there is a problem amongst students
- be provided with tools and techniques that can be incorporated into your lesson plans
- earn Continuing Education Units (CEUs)

Session details:

When: Wednesday April 26th, 10:00 to 1:00 (lunch included)

Where: CIAC Headquarters, 30 Realty Drive, Cheshire, Connecticut

Office Number: (203) 250-1111

Register today!

RSVP by April 17th to Joyce Smith by phone at (203) 250-1111 Ext 3005, or fax at (203) 250-1345