



Bloomettes

GROUP FOR GIRLS AGES 12-15 YEARS



BLOOMETTES HELPS
YOUNG TEEN GIRLS TO
LEARN CRITICAL SKILLS
IN COMMUNICATION,
SELF AWARENESS, AND
SELF-WORTH THROUGH
COVERING TOPICS LIKE:

- SELF-CARE
- BODY IMAGE
- SELF-ESTEEM
- HEALTHY
BOUNDARIES
- CORE BELIEFS
- SOCIAL MEDIA
- FIRST JOBS

LEARN FROM OTHER
GIRLS THAT YOU ARE NOT
ALONE. ASK QUESTIONS,
GIVE ADVICE, AND
RECEIVE SUPPORT

SESSIONS ARE HELD
ON A FORTNIGHTLY
BASIS ON THURSDAYS
FROM 5:30PM-7:00PM
AT SOLUTIONS FOR
LIFE

TO EXPRESS INTEREST PLEASE CONTACT ABI AT
ABIGAILPAVIA@SOLUTIONSFORLIFE.NET.AU
OR CALL RECEPTION ON 07 5549 1696

