



Beginning
in
January 2013!

The Wishing Star
Lapointe Developmental Clinic



True Beauty

WORKSHOP SERIES

Presented by

The Wishing Star Lapointe Developmental Clinic
with **Lindsay Sealey, M.A. Ed.**

Truly beautiful... Truly special... Truly unique... Truly YOU!

Saturday, January 12, 26 & February 9, 23, 2013

10:00AM - 12:00PM

For: Girls ages 7-11 years

at The Wishing Star Lapointe Developmental Clinic

221-3388 Rosemary Heights Crescent, Surrey, BC 778-294-8732

WEEK 1:

What is true beauty?

WEEK 2:

Self-care and true beauty

WEEK 3:

Media messages about beauty

WEEK 4:

**Finding your uniqueness
and true beauty**

*The purpose of the **True Beauty Workshop Series** is to nurture in girls an understanding of the notion that "true beauty" emerges from the inside out and that it can include a variety of looks and styles. Girls will have the opportunity to look within to gain a better understanding of who they are. The workshop aims to be fun, safe, and interactive. Girls will leave feeling equipped with tools, and they will have the chance to meet other girls who are just like them. A take home workbook is provided with the hope that it can be used in the future to remind the girls of the lessons they learned and to embrace the positive messages about themselves.*



***Lindsay Sealey, M.A. Ed.** is an educator, writer, and personal development coach for girls. She has extensive experience working with young girls in the areas of: self-esteem, confidence, personal best, goal-setting, self-advocacy, and body image. She is warm, caring, patient, engaging, and inspiring. True Beauty is a workshop based on Lindsay's observations and experience with girls struggling to feel good about themselves and know their self-worth. Lindsay hopes to inspire in girls a celebration of their uniqueness. She is committed to leading young girls to accept, love, and embrace who they are!*



For more details, please visit our website: <http://www.lapointepsychology.com>