

Body Image and Eating Difficulties

Jigsaw's Parent/Guardian Webinar Series



This webinar will:

- Increase awareness and understanding of body image and body confidence
- Support parents/guardians to promote body confidence in their children
- Provide practical strategies to promote and support youth mental health.



Date

14th Nov 2023



Time

7.30pm - 8.30pm

**Facilitated by Jigsaw's Tara Mulhern, Clinical Practice Lead (Education) and
Dr Ciara Mahon PhD, B.A (Hons), Sch. Psychology, UCD**

Sign up at <http://onegoodschool.learnupon.com>