

Body Image & Self-Esteem

One of the downsides of modern society is that we and our youth are bombarded with 'cookie-cutter' images and unrealistic ideals. It is essential to help young people and adults learn about building a healthy body image and positive self esteem.

Red Ginger Services offers a number of programs to help people understand how to be the best that they can be.



AUSTRALIA

Almost 1 in 2 females, and 1 in 5 males, are either very concerned or extremely concerned about their body image.

(Mission Australia, 2014)

Rock What Ya Got! for 10-17 year olds

My One, My Only for adults

My Body, My Temple for adults, with a holistic and spiritual focus



Red Ginger Services

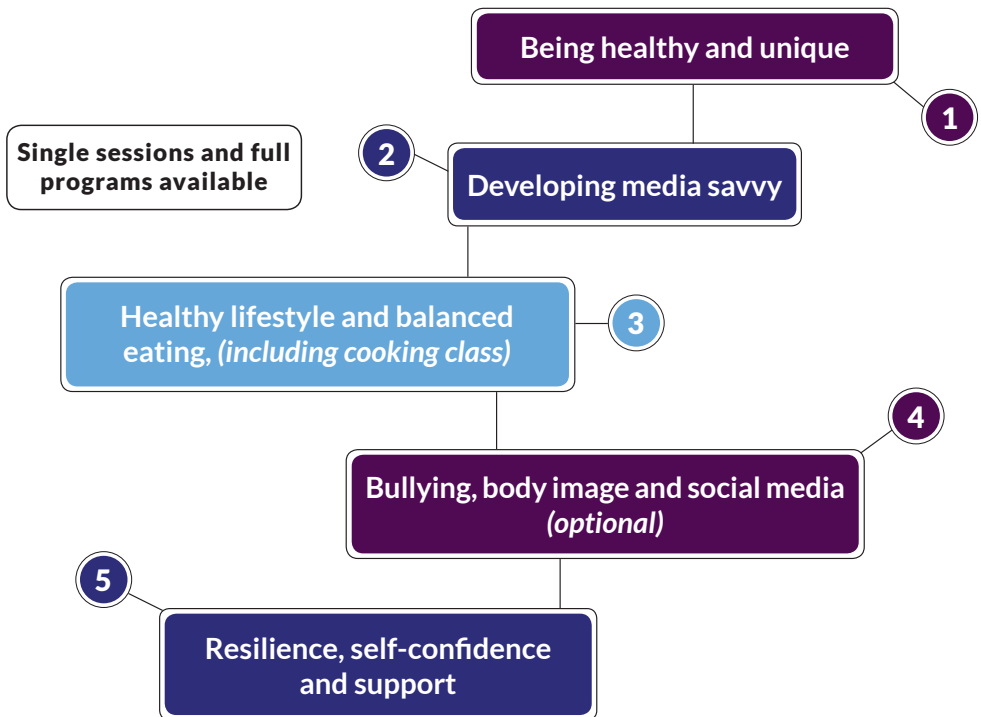
Body Image & Self-Esteem

And I said to my body, softly, "I want to be your friend."

It took a long breath and replied, "I have been waiting my whole life for this."

- Nayyirah Waheed

Our programs explore:



Our programs are flexible to suit your needs and budget!



Red Ginger Services

+61 407 420 068
info@redginger.net.au
www.redginger.net.au

