

# Understanding Body Talk

*Presented by Bay Area South Asian Network of Therapists (BASANT NOW!)*

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## Saturday, October 28, 2017

### 10.30 am to 12.30 pm

*Join us for a mindful parenting seminar on self-esteem and body image in children and teens, and learn about influences on body image, what influences self-esteem, influences of social media, interventions that work, praising effort, modeling, and participate some team activities.*

**Disclaimer:**

*The purpose of the group is education and information only and not to be used as a substitute for any therapy. The presenters will not be providing any therapeutic services.*



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