

Changing Faces Beauty Inside and Out Day

**Changing Faces, London
Saturday 20th November 2010**

A fun, pampering day for 13-17 yr old young women

- Celebrate who you are
- Get confident – tips for looking and feeling good
- Understand how to use body language to your advantage
- Professional makeup and hair session (to be confirmed)
- Make new friends and have fun



Lunch and refreshments included. £15 per young person

Places are limited and must be booked by 22nd October. For booking forms and more information please contact;

Changing Faces, The Squire Centre
33-37 University Street, London WC1E 6JN
Tel: 0845 4500 275 Fax 0845 4500 276
Email: info@changingfaces.org.uk

Frequently asked questions



What's it all about?

We all know that friends, TV, magazines and what you think, influence how we feel about ourselves. Did you know that 3 out of 4 young people aren't happy with the way they look? This day is for young women to find out how things can be different. There will be games, activities and group chat, rounded off by a professional pampering session with health and beauty tips.



Who will be in the group?

The day is for 13-17 year olds with visible difference to their face, hands or body through any medical condition or injury. No more than 15 will attend. Unfortunately there is no space for siblings or friends. The day will be led by staff from Changing Faces who are experienced in working with young people in groups.



What will participants get out of this day?

A chance to spend time in a comfortable environment, to share experiences, gain practical tips for real life situations, make new friends and concentrate on having serious fun! We will follow up with everyone afterwards. Participants must stay for the whole day.



Is the day like school?

No. You will be asked to do a little writing, drawing or other creative activities, get involved in group chat and talk a bit about yourself if you want.



Will everyone have to talk a lot about themselves?

Actually no, but it would be nice if everyone joins in. There's a variety of activities to suit everyone, it's not just talking. What is said in the group will remain in the group. It's important for participants not to make comparisons between themselves and others - whatever their experience, participants will share many things in common. It's up to each person to decide if they want to talk about their personal experiences of growing up with a visible difference.



Will parents attend these sessions?

No. Parents and carers may bring you to the workshop and drop you off.



Sounds good so far! How do I book a place?

Just contact us, using the contact details on the front of this flyer.

We look forward to seeing you on Saturday 20th November