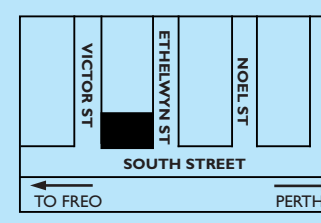


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Counsellor Diane McGeachy. Picture: Martin Kennealey 4383367

Reaching out

A PERSONAL struggle with body image in her youth prompted counsellor Diane McGeachy to develop a successful group outreach program that will start in Cockburn next month.

The eight-week "Love Your Body" program is for women from the age of 16 who want to improve their relationship with food and accept themselves and their bodies in their natural form.

McGeachy said the central focus was for participants to feel heard and understood.

"The group is really for anyone - in my experience, body image tends to come up as an issue for many people," she said.

"It's about self-exploration and personal growth, so participants can take from this group and make sustainable changes."

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- Group for ages 24 and above runs at Yangebup Family Centre Thursdays, August 30 - October 18, 11am-1pm, \$10 per session.
- Group for ages 16-24 runs at Cockburn Youth Centre Thursdays August 23 - October 25, 5-7pm, sessions are free.
- Call 6465 8894, email diane@dianemcgeachy.com.au, dianemcgeachy.com.au.

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