



SOCIAL MEDIA & BODY IMAGE - BY GABY BARTOLI



Social Media seems to be shaping our concept of beauty nowadays. It can influence how we look at ourselves both positively and negatively, and it is important to understand these effects in order to limit their impact on our mental health.

Read the rest of the blog [here](#)

EAT MINDFULLY & EMBRACE WHO YOU ARE BY CHRISTINE BUSUTTIL

Social media now more than ever is constantly bombarding us with “bad foods” and images of how we should look. Why is this bad and why should we be more mindful of how we approach body image and nutrition?



Read the rest of the blog [here](#)

OUR BODIES - THE TEMPLE WITH A STORY BY ANCA UNGUREANU



The relationship that we have with our own body often tells the story of different relationships that we've had in our lives. We carry in our body the life experiences we've had and of those that we are now experiencing.

Read the rest of the blog [here](#)

WHAT'S ON

THE SOCIAL TRAIN

THE SOCIAL TRAIN IS A NEW SOCIAL SKILLS GROUP OFFERING AN INNOVATIVE APPROACH TO LEARNING INVALUABLE 21ST CENTURY SKILLS. THIS PROGRAMME IS RUN BY OUR SEASONED SPEECH AND LANGUAGE PATHOLOGIST, AND OCCUPATIONAL THERAPIST, COMBINING THEIR EXPERTISE IN ORDER TO HELP THEIR CHILDREN ENHANCE THEIR SOCIAL SKILLS.

WHEN? WEDNESDAY 3RD NOVEMBER - 15TH DECEMBER
TIME? LEVEL 1 : 4PM - 5PM / LEVEL 2 : 5.30PM - 6.30PM
PRICE? €220

FOR MORE INFORMATION VISIT THE FOLLOWING [LINK](#)

DEVELOPING HANDWRITING AND PREWRITING SKILLS

PRACTICAL AND INFORMATIVE WEBINAR FOR PARENTS BY OCCUPATIONAL THERAPIST, SARAH BIANCO.

WHEN? FRIDAY 19TH NOVEMBER 4-6PM
 OR SATURDAY 20TH NOVEMBER 2-4PM

WHERE? ZOOM

PRICE? €20

FOR MORE INFORMATION VISIT THE FOLLOWING [LINK](#)



We want to hear from you - visit the following [link](#) and leave us your feedback!

