



Family Education Night

Monday, December 7th

6:00 pm—8:00 pm



Promoting Self-Esteem & Creating a Positive Body Image in Children & Teens



Signe Darpinian is a seasoned Licensed Marriage & Family Therapist who specializes in eating disorders. With private practice offices in two California locations, she is able to service both the Central Valley Region as well as the Bay Area. She is also the author of **Knock Out Dieting—a modern guide to eating mindfully in modern society**. You can find her book at www.balboapress.com. Ms. Darpinian will be sharing how families can use a non-dieting approach, called Intuitive Eating, as well as how to promote self-esteem and positive body image in their children.

You can visit her website: www.myweighfamilytherapy.com

Please join the counselors of Sylvan Union School District for a district-wide family education night designed to help children and teens in relation to body image and self-esteem. A limited number of books from our guest speaker will be given away as a door prize. Light refreshments will be provided for families. If you have any questions, please contact the counselor at your school site.



Freedom Elementary MPR
2101 Fine Ave
(209) 552-3400

6:00 pm
6:15-7:45 pm
7:45-8:00 pm

Doors Open
Presentation
Q&A

