



27/3/2018
Belmont Neighbourhood Centre
359 Pacific Highway, Belmont North
02 4947 0031

Media Release

'Confident, Fearless and Strong' 2018 Youth Week Event

On Tuesday 17th of April, Belmont Neighbourhood Centre will hold an event in celebration of NSW Youth Week, 2018.

This year's event is themed 'Confident, Fearless and Strong' was based on consultations between Belmont Neighbourhood Centre and students from Belmont High School.

"The students shared a few interesting points with us", said Centre Coordinator, Chris Brown. "Some felt that mobile phones were getting in between everyday social interactions, and making the young women feel isolated. We see this an emerging trend, with the rise of Instagram and Snapchat, which add to the pressure for young girls to come across as perfect, well liked and popular", said Brown.

Young women from the Belmont area and beyond will participate in a range of activities provided by the community.

"We're lucky to have inspiring women in our community who are partnering with us to support the event", said Brown.

Sally Comerford will present a '7 steps to greater confidence' workshop, BNC is providing free nail pampering and a photo booth, and Community Activities Lake Macquarie's Bright Minds Project are setting up a 'Chill Zone'.

The event was made possible through Lake Macquarie City Council's Youth Week 2018 Grant program.

"Lake Macquarie City Council is pleased to be partnering with Belmont Neighbourhood Centre for the delivery of this National Youth Week event", said Tony Ellitt, Community Planner for Young People. "We are confident that the event will provide young women with an opportunity to express their ideas and views about issues that affect their lives, in a fun and safe environment".

Tuesday 17th April, 11am – 1pm

359 Pacific Highway, Belmont North

Bookings required – 02 4947 0031

For more information see www.bnc.asn.au or visit Belmont Neighbourhood Centre on Facebook

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CONFIDENT, FEARLESS AND STRONG YOUTH WEEK EVENT



**TUESDAY
17TH APRIL**

11AM - 1PM

**BELMONT NEIGHBOURHOOD CENTRE
359 PACIFIC HIGHWAY
BELMONT NORTH**

CALLING ALL YOUNG WOMEN!

Learn to be Confident, Fearless and Strong! This event will focus on confidence, looking after your body and knowing who you are. The event is an opportunity for you to share your stories on what it's like to be a young person in 2018 and enjoy healthy, fun activities whilst building a stronger more confident self.

- '7 steps to greater confidence' workshop
- Free nail pampering
- Selfie photos
- Chill zone
- Free lunch
- Lucky door prizes

Bookings essential - Call 4947 0031



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