



SHAMELESS

WHAT?

Shameless is OTR's group for anyone feeling impacted by issues around body image and low self-esteem. "Know your worth, find your power"

WHEN?

Running over 5 weeks on Tuesdays from 24th September at 19.00 - 20.15

WHERE?

Portishead Youth and Community Centre

AGE?

Anyone aged 11-18 in North Somerset

"If you're ready to help yourself and get a wider view, then this is perfect!"

Shameless Feedback

"It was really helpful to see how beauty standards have changed over time"

Shameless Feedback