

Empowering girls to know & appreciate their own bodies is an essential foundation for life.

Follow your flow

know your body and be empowered



Counselling Services

Supporting girls to navigate puberty & beyond.

- **Supporting girls to -**
- Understand their bodies
- Connect to whats happening in their bodies
- Appreciate themselves
- Feel empowered
- Make self-loving choices
- Respect who they are
- Talk about what's going on for them
- Get the right support and medical attention where needed

Working
together with
your GP &
medical
specialists

FOR BOOKINGS PLEASE CONTACT:

sara@followyourflow.com | 0419 331 557



YOUR PRACTITIONER: Sara Harris (BHSc, Dip RM, Grad Dip Couns, Cert IV TAE, Adv Cert Nat Fert Ed.)

Sara has been working & studying in the field of complementary medicine for nearly 2 decades and is currently completing a Masters in Women's Health Medicine. She has a great love of supporting girl's & women in understanding themselves and their bodies from the inside out, where this then forms a foundation of confidence, steadiness, self-assuredness and an innate knowing of their worth. Sara has extensive experience and a commitment to ongoing research in the area of girl's & women's reproductive health.

Sara's qualifications include a Bachelor Degree (Honours) in Health Science, Graduate Diploma of Counselling & Certificate in Natural Fertility Education among others. Her experience includes writing and delivering well-being programs for young people & regularly presenting on health & wellness for adults and young people alike.



Clinic location: Caulfield North, Melbourne
Online sessions available via Skype

Your cycle is your medicine

STATISTICS

- 58.2% of girls indicated body image was a major concern.
- For 40.9% of girls, coping with stress was a major concern
- 90% girls will experience some degree of PMS
- 1 in 5 women will be diagnosed with PCOS
- More than 1 in 10 women suffer from endometriosis which often begins in teenage years

What might be discussed in a Period Counselling session?

- Period & puberty related topics
- Body image & any other insecurities
- Myths & Misconceptions
- Health concerns
- Concerns about growing up
- Peer pressure
- What is ovulation?
- Contraception options (teenage girls)
- Bringing more understanding to certain conditions
- Why your period is something to embrace
- Body awareness & body connection
- Lifestyle support

**All sessions are tailored to each girl & are age appropriate.*



What age is suitable for sessions?

- Girl's age 10 + is generally suitable. Although younger is also appropriate if they are reaching puberty early.
- Sessions are also suitable for young adult women and older (still menstruating) women.
- Parent sessions are also available to support them to support their daughters.



FOR BOOKINGS PLEASE CONTACT:
sara@followyourflow.com | 0419 331 557