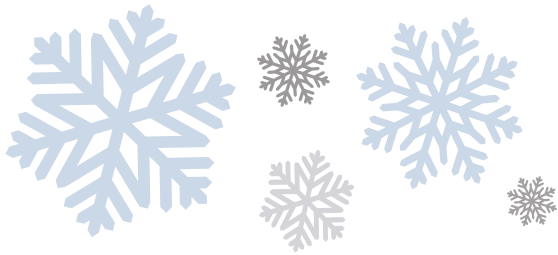


Provincial Eating Disorder Prevention & Recovery Program



WINTER 2017 WORKSHOPS

Do you often think about your weight?

*Do you worry about body image
or struggle with self-esteem?*

Body Image for Moms

Saturday, January 21 • 1 - 3 pm

Our culture expects many things from mothers. More than ever, they get a lot of pressure to quickly return to their pre-pregnancy bodies. Join us to explore how to deal with the expectations and pressure and learn how to have a happier and more peaceful relationship with your body.

Family and Friends Workshop

Saturday, Feb 4 • 10 am - 12:30 pm

Learn more about eating disorders so you can better understand your loved one's experience. We'll share some general and specific strategies for providing helpful support.

Please note: Your friend or family member does not need to be in treatment for you to attend.

Understanding Emotional Eating

Saturday, Feb 25 • 10 am – noon

Explore the needs and feelings that lead to emotional eating. Increase eating awareness and learn new skills to practice mindful eating, emotion regulation, and self-soothing without food.

Health at Every Size (HAES) - A Focus on Wellness

Saturday, March 4 • 10 am - 12 pm

Learn why it's important to focus on wellness instead of weight and how to be healthier at your current shape and size. We'll explore the benefits of having peaceful relationships with food and activity.

Transforming Body Image

Saturday, March 18 • 10 am – noon

Learn about what affects body image, assess your own body image, and discover practical ways to feel better about the body you have.

Overcoming Perfectionism

Saturday April 29 • 10 am – 12:30 pm

The need to be seen as 'perfect' is linked to anxiety, poor body image, anger and shame. Learn strategies to overcome perfectionism so you can feel more joy and satisfaction in your achievements and relationships.



All workshops are held at: Women's Health Clinic • 419 Graham Ave., 2nd Floor, Room B

Our workshops are free and open to all genders ages 16 and up, including our clients, community members, families, and service providers.

You do not need to have an eating disorder to attend, only a desire to have a more balanced and peaceful relationship with food and your body.

*Registration is required. To register
or for more information contact:*

☎ 204-947-2422 ext.137
1-866-947-1517

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women's
health clinic