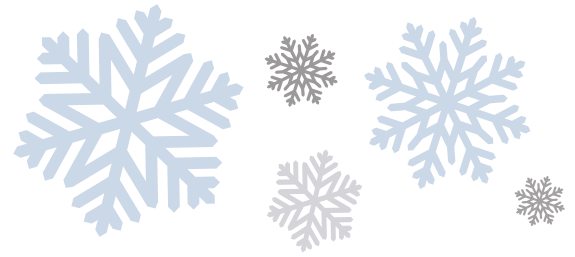


# Provincial Eating Disorder Prevention & Recovery Program

# WINTER 2018 WORKSHOPS



Do you often think about your weight?

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

## All workshops are located at:

Women's Health Clinic  
419 Graham Ave., Winnipeg  
2nd Floor, Room B

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

Saturday, January 6 • 10 am-12 pm

Learn why to focus on wellness, not weight and how to be healthier at your current shape and size. Learn the benefits of bringing some peace into your relationship with food and activity.

### Family and Friends Workshop

Saturday, Feb 3 • 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.

### Transforming Body Image

Saturday, Feb 10 • 10 am -12 pm

Learn about the factors that affect body image, assess your own body image, and discover practical ways to help you feel better about the body you have.

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.

### Mood & Food

Tuesday, March 6 • 6 - 8 pm

"One cannot think well, love well, sleep well if one has not dined well." - Virginia Woolf

Come learn how food can affect mood, your ability to get through the day, and your sleep at night.

### Overcoming Perfectionism

Tuesday, March 20 • 6 - 8:30 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

### Anxiety: Making Friends with the Unknown

Saturday, April 14 • 10 am - 12:30 pm

Learn more about anxiety: what it is, what it isn't, and how to be more comfortable with it. You will learn coping strategies based on Cognitive Behavioural Therapy and Mindfulness.

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