



SPRING/SUMMER WORKSHOPS 2018

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., 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.

Understanding Emotional Eating

Saturday, June 16 • 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.

Anxiety: Making Friends with the Unknown

Tuesday, July 3 • 6 - 8:30 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.

Transforming Body Image

(NEW DATE) Monday, July 16 • 6 - 8 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.

Nutrition Basics

Tuesday, August 14 • 6 - 8 pm

Learn how to nourish your body to have the energy you need to live your life and do the things you want. We'll talk about why our bodies need enough carbohydrates, proteins and fats to give us energy throughout the day.

Family and Friends Workshop

Saturday, May 5 • 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.

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

Saturday, June 2 • 10 am-noon

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.

*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