

# FALL 2018 WORKSHOPS



*Do you often think about your weight?*

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

## **Family and Friends Workshop (Part 1): What are Eating Disorders and How can I Help?**

**Saturday, Oct. 20 • 10am - 12:30pm**

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.*

## **Family and Friends Workshop (Part 2): Communicating with your Loved One**

**Saturday, Oct. 20 • 1:30 - 4pm**

When someone you love has an eating disorder, you may want to help, but may be afraid to say the wrong thing. We'll discuss and practice some strategies and tools to help you gain confidence in supporting your loved one.

*Please note: Your friend or family member does not need to be in treatment for you to attend. It is helpful to attend "What are Eating Disorders and How can I Help?" before this session, but not essential.*

## **Overcoming Perfectionism**

**Saturday, Oct. 6 • 10am - 12:30pm**

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 have more joy and satisfaction in your achievements and relationships.

**All workshops are located at:  
Women's Health Clinic - 419 Graham Ave., 2<sup>nd</sup> Floor**

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.

## **Transforming Body Image**

**Saturday, Nov 3 • 10am - noon**

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.

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

**Saturday, Nov. 24 • 10am - 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.

## **Coping with the Holidays**

**Saturday, Dec 1 • 10:30am - noon**

The holidays bring added stressors and pressure as well as eating challenges. We'll review coping strategies, and discuss tips to help you plan for food and family time, and to practice self-care.

*Please note: This workshop is most appropriate for those already in treatment or in continued recovery from an eating disorder*

*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