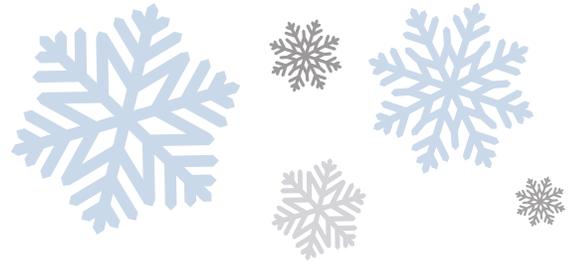


Provincial Eating Disorder Prevention & Recovery Program

WINTER 2019 WORKSHOPS



Do you often think about your weight?

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

Nutrition Basics

Saturday, January 26 • 10:30am-12:30 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 & Friends Workshop (Part 1): What are Eating Disorders and How can I Help?

Saturday, Feb 2 • 1:00-3:30pm

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.

Bringing Peace to the Table

Saturday, Feb. 23 10:30am-12:30pm

Want to bring some calm to family meals? Join us to learn how to make meal times with your kids more peaceful. We'll share ideas for talking to kids about food and bodies in ways that promote mental and physical wellness, both at the table, and in their lives.

Understanding Emotional Eating

Saturday, March 9 • 1:00 - 3:00pm

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.

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.

Family & Friends Workshop (Part 2): Communicating with your Loved One

Saturday, March 16 • 1:00-3:30pm

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.

Mindful Eating

Saturday, April 13 • 10:30am – noon

Eating mindfully involves slowing down, focusing, and savouring food. Learn about and practice mindfulness skills including eating a raisin in a mindful way.

Please note: This workshop is not suitable for people with anorexia.

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