

Provincial
Eating Disorder

Prevention & Recovery

Program



WINTER 2024 WORKSHOPS

We are now offering virtual and in-person workshops!

When registering, please include your phone number along with which workshop you are interested in.

**Changes have been made to our Body Image workshop

[CLICK HERE TO REGISTER](#)

EDAW - Provider Workshop

Virtual - Microsoft Teams

Tuesday, February 6 | 10am - 12noon

Are you a provider who works with individuals who experience disordered eating and/or body image concerns? We invite you to deepen your understanding of eating disorders and diet culture in order to learn how to best support folks who are experiencing ruptured relationships to food and body. In this workshop we offer a systemic framework to contextualize the experience of disordered eating, as well as offer practical tools, perspectives, and approaches to include in your practice as you support folks on their journey to developing a more peaceful relationship to food and body.

**Transforming Body Image (new date)

**Virtual - Microsoft Teams

Monday, February 26 | 6-8pm

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

Overcoming Perfectionism

Virtual - Microsoft Teams

Tuesday, March 19 | 6-8pm

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.

Men and Eating Disorders

In-Person at 419 Graham Ave - 2nd Floor

Tuesday, April 16 | 6-8pm

While eating disorders affect people of all genders, men and masculine people

have often been left out of the conversation—going unrecognized, undertreated, and stigmatized. Join us as we explore and discuss the intersection of masculinity and relationship to food and body.