

FALL 2020 WORKSHOPS

Do you often think about your weight?

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



We are now offering virtual workshops! Workshops will be held on Microsoft Teams. A computer, tablet or smartphone is required to virtually participate.

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

Saturday, Nov. 14 • 12:30 - 2:30pm

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.

Overcoming Perfectionism

Wednesday, Nov. 18 • 5 - 7pm

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.

Nutrition and the Holidays

Monday, Dec 7 • 6 - 8pm

Learn how to nourish your body, have the energy you need to live your life, and do the activities you want while enjoying holiday cuisine. We will discuss the body's needs for carbohydrates, protein and fats to stay energized throughout the day. We will be connecting this information to the holiday season and the amazing food that is available during this time of year.

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

Saturday, Jan. 16 • 12:30 - 2:30pm

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.

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
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