

WINTER
2021

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.

Overcoming Perfectionism

Tuesday, January 12 • 6 - 8 pm

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.

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

Saturday, January 16 • 12:30 - 2:30 pm

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.

Transforming Body Image

Saturday, February 13 • 10 am - 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.

COVID-19: How is it Impacting our Relationship with Food?

Saturday, March 20 • 10 am - noon

In this session, we will discuss:

- the impact of COVID-19 on our relationships with food
- the relationship of food in our connections with others
- coping with stress
- self-care and well-being

Registration is limited. To register or for more information contact:

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