



SPRING/SUMMER WORKSHOPS 2021

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.

Transforming Body Image

Saturday, April 17 • 10am - 12:15pm

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

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

Thursday, May 13 • 6 - 8pm

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

Thursday, June 10 • 6 - 8pm

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.

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

Wednesday, July 14 • 6 - 8pm

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.

Overcoming Perfectionism

Tuesday, August 17 • 5:30 - 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.

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

☎ 204-947-2422 ext. 137
1-866-947-1517

✉ edprogram@womenshealthclinic.org

www.womenshealthclinic.org



women's
health clinic