

Provincial Eating Disorder Prevention & Recovery Program

FALL WORKSHOPS 2021

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

Transforming Body Image

Wednesday, Sept. 29 | 6-8:15 p.m.

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

Mindful Eating

Monday, Oct. 4 | 6-8 p.m.

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.

Overcoming Perfectionism

Thursday, Oct. 14 | 5:30-8 p.m.

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 & Friends Workshops

Your friend or family member does not need to be in treatment for you to attend Family & Friends workshops.

Part 1: What are Eating Disorders and How can I Help?

Saturday, Oct. 23 | 1-3 p.m.

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.

Part 2: Communicating with your Loved One

Saturday, Nov. 27 | 1-3 p.m.

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. This will be an interactive workshop.

Please note: It is helpful to attend "What are Eating Disorders and How can I Help?" before this session, but not essential.

Nutrition and the Holidays

Monday, Dec. 6 | 6-8 p.m.

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.

Workshops are free and open to people of all genders aged 16 and up. We welcome 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.

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

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