

# Provincial Eating Disorder Prevention & Recovery Program



# WINTER WORKSHOPS 2022

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

## **Health at Every Size (HAES): A Focus on Wellness**

*Thursday, January 20 | 6-8 p.m.*

Learn why to focus on wellness, not weight, and how to support wellbeing at your current shape and size. Learn the benefits of bringing peace into your relationship with food and activity.

## **Family and Friends\* Part 1: What are Eating Disorders and How can I Help?**

*Saturday, February 5 | 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.

## **Transforming Body Image**

*Saturday, February 26 | 1-3:30 p.m.*

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

## **Family and Friends\* Part 2: Communicating with Your Loved One**

*Saturday, March 5 | 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. *Please note: It is helpful to attend Part 1 before this session, but not essential.*

## **Overcoming Perfectionism**

*Monday, March 14 | 6-8 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.

## **Expressing Yourself: Strategies for Effective Communication in Your Relationships**

*Saturday, April 2 | 10 a.m. - noon*

For many of us, being able to communicate our needs and desires in relationships takes practice. In this workshop, we will explore some tool that can support more effective communication.

This is an interactive workshop! Please come prepared to participate.

## **Cultivating Calm: Finding Peace at Mealtimes**

*Monday, April 25 | 6-8 p.m.*

Turn mealtime dread into mealtime connection. Learn how to bring peace back in when eating with your family.

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.

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

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

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

✉ [edprogram@womenshealthclinic.org](mailto:edprogram@womenshealthclinic.org)

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)



women's  
health clinic