

Provincial Eating Disorder Prevention & Recovery Program

FALL 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.

Overcoming Perfectionism

Thursday, Sept. 22 | 6-8 p.m. | Facilitators: Julia Klassen (she/her) & Kelsey Streber (she/her)

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.

Transforming Body Image

Tuesday, October 18 | 6-8 p.m. | Facilitator: Lori Peters (she/her)

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

Monday, October 24 | 6-8 p.m. | Facilitators: Julia Klassen (she/her) & Lea Neufeld La Rue (they/them)

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.

Cultivating Calm: Finding Peace at Mealtimes

Tuesday, November 1 | 6-8 p.m. | Facilitator: Lauren Paquette (she/her)

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

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

Monday, November 7 | 6-8 p.m. | Facilitators: Julia Klassen (she/her) & Lea Neufeld La Rue (they/them)

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 for the Holidays

Wednesday, November 30 | 6-8 p.m. | Facilitator: Sharra Kohm (she/her)

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.

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

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