

Provincial Eating Disorder Prevention and Recovery Program

Winter 2023

Workshops

Overcoming Perfectionism

Tuesday, January 24 | 6-8 p.m. | Facilitator: Julia Klassen (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.

Expressing Yourself: Strategies for Effective Communication in Your Relationships

Monday, February 27 | 6-8 p.m. | Facilitator: Nina Ferrigno (She/Her/They/Them) & Kelsey Streber (She/Her)

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.

Weight Neutral Approach to Wellbeing

Thursday February 23 | 6-8 p.m. | Facilitator: Oribim Kingson (She/Her)

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

Cultivating Calm: Finding Mealtime Peace while feeding Children

Thursday, March 9 | 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. This workshop is for parents and caretakers wanting peace at mealtimes when feeding children.

Body Image

Monday, April 24 | 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.

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



women's
health clinic

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



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