

# Provincial Eating Disorder Prevention & Recovery Program



# FALL WORKSHOPS 2023

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

## Men and Eating Disorders

*Wednesday, September 27 | 6-8 p.m.*

While eating disorders affect people of all genders, men and masculine people have often been left out of the conversation—going unrecognized, undertreated, and stigmatized. Join us as we explore and discuss the intersection of masculinity and relationship to food and body.

## Understanding Emotional Eating

*Thursday, October 12 | 6-8 p.m.*

Explore the needs and feelings that lead to emotional eating, increase eating awareness and learn new skills to practice mindful eating, emotion regulation, and self-soothing without food.

## Mindful Eating

*Wednesday, November 15th | 6-8 p.m.*

Eating mindfully involves slowing down, and savoring food. Learn about and practice mindfulness skills including an opportunity to practice eating in a mindful way. Please note: this workshop is not suitable for people with Anorexia Nervosa.

## Strengthening our Connection to Body

*Wednesday, December 13th | 6-8 p.m.*

As we enter the cold, dark winter months – finding a connection to movement can present many practical challenges and barriers as well as complex emotions. Together, we will explore concepts of body acceptance and body neutrality to guide us in tuning into the unique needs of our bodies.

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

 204-947-2422 ext. 137  
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