

# Community Education Service FREE ONLINE SESSION



## Eating Disorders, Body Image, & Youth

**\*\*Register: <http://community.hmhc.ca/sessions/?p=online>\*\***

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**Session available until: September 30th 2017**

This session is meant for those over 18 years old, and is an adult learning module. This session is not meant for children or as a learning tool in the classroom.

In this workshop, you will learn positive strategies to help youth develop a healthy body image, without focusing on weight. We will address risk factors, protective factors, and approaches to prevention and intervention for youth issues with body image, weight bias, and eating disorders. This workshop is recommended for parents, teachers and other allied adults who work with youth.

**Level I:** This session presents an overview of eating disorders and body image and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services and in partnership with Dr. Angela Grace.