

# Healing Your Body from the Inside Out



## Individuals Can Break Free

This is a 12-week educational/support workshop series and is recommended for anyone wanting to explore his or her struggles with food, exercise, body image or self-esteem.

During the 12-weeks you will be able to:

- \*Develop new skills to deal with disordered eating behaviours,
- \*Gain insight into exhausting routines that can overtake the joys of life,
- \*Create more positive and compassionate relationships with self & others
- \*Explore and learn new ways to manage chronic negative self-talk.

These workshops run Wednesday evenings and we are now doing intake for September 28<sup>th</sup> start. It is *strongly recommended* that you commit to attending all twelve sessions.

This workshop series is part of the Shore Counselling Society's Break Free Eating Disorder Pilot Program – for more information please visit

[www.shorecounselling.ca](http://www.shorecounselling.ca)

*\*\*One-to-one counseling is also available*

### INTAKE FOR SEPTEMBER

Dates: Wednesday Sept. 28 – Dec. 14/11

**Time:** 6:30pm – 8:30pm

**Location:** 103-149 Wallace Street

**Ages:** 19 and up by self referral

**Cost:** FREE

**Registration:** 250-716-8888 or

e-mail [angela.slade@shorecounselling.ca](mailto:angela.slade@shorecounselling.ca)