

Body Image Presentation

April 24, 2024

1:30pm-3:30pm MST

This group will focus on working to build a more positive relationship with yourself and your body. We will explore the effects of social media and ways to increase acceptance in ourselves and our communities.

****Please note that this session will not be recorded or uploaded to our website. This session will be a psychoeducational style session, and our presenter would like to keep discussions with participants confidential and within the group. Thank you!**



Learning Outcomes:

- Learn ways to feel about and/or accept our bodies
- Learn the effects of media on self-esteem and our sense of self
- Learn to recognize the signs of an eating disorder and when to reach out for help

Speakers:

Jennie Mendoza, RBNB Registered Nurse; The Silver Linings Foundation - Program Manager / Community Navigator; Experience working with First Nations in the Alberta Children's Hospital Psychiatric Department, Mental Health Pediatric Inpatient Care Unit, the Calgary Eating Disorders Program, and Unit 4 (trauma, surgery, eating disorders)



Target Audience: This session is for anyone 18 years of age and older and has ever wanted to feel better about themselves or their bodies

Please register for session at:
<https://fntn.ca/Home/Register-VC?eid=20858>

To access this session from zoom:
<https://fntn.zoom.us/j/83383031079>
Meeting ID: 816 3102 7138
Passcode: 727294

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To access this session from an audio line:
1-587-328-1099
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To join via internet browser

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4. Click the option “ click here” (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

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