

‘intheknow’

information + support

“Eating Disorders: It’s About More than Food”

Join us for an In person Presentation

This presentation will provide an introduction to understanding Eating Disorders and help explain that this illness is not just about food. It is a complex dynamic between unhealthy thoughts and behaviours towards food, as well as weight and body shape. Our speaker will share her experience of years of work with this disorder, and how to best support a child or youth facing this illness.

Topic Presenter:

J. Nicole Little PhD, RCC

Thursday June 20th, 2019

7:00 pm – 9:00pm

Saanich Neighbourhood Place
3100 Tillicum Road
Victoria, BC

FREE OF CHARGE

Please RSVP by email to: lisa.tate@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.