

Parenting Workshop

Helping Children Feel Good About Their Bodies

Tuesday, February 13, 2024 10 am - 11:30 am

Too many children and youth struggle with body image. In this session, an Island Health Dietitian will explore:

- what shapes our body shape and size?
- family, culture and media influences on body image
- strategies & activities to promote a positive body image and a positive relationship with food
- how to help children explore and celebrate their strengths & gifts.

Come prepared for an engaging session!

**Online
Workshop**



Scan or Click
to Register

FREE



Registration required to participate in this online workshop!

Register now - February 13th
www.tinyurl.com/parentingworkshops

In partnership with:



**GOT QUESTIONS?
REACH US AT:**
1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca

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