

Community Education Service



Improving emotional health and well being

Fostering a Positive Relationship With Food in Children and Youth

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Rocky View School Division and MHCB Stepping Stones to Mental

Helping children foster a positive relationship with food may feel overwhelming. From the content on social media, to the teasing that can occur from peers, there are many messages that tell us our bodies are not good enough and that our self-worth depends on our looks. Body dissatisfaction is common and attempts to self-treat it may show up in one's relationship with food. As caregivers and perhaps educators, many of you are wondering how you can help children develop a positive relationship with food without over-emphasizing weight or dietary habits.

This presentation will look at the following:

1. What does having a healthy relationship with food look like?
2. What are warning signs for disordered eating?
3. What can families do to promote a healthy relationship with food?
4. Resource sharing & supports

December 5th, 2023
6:00 PM

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online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [Rocky View School Division](http://community.hmhc.ca/) and [MHCB Stepping Stones to Mental Health](http://community.hmhc.ca/)
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<https://community.hmhc.ca/sessions/files/2023-10-18-18-39-41-Dec-3-RVS-Eating.pdf>

"Go, Tigers!"