



Celebrate **EveryBody**

Hopewell Eating Disorder Support Centre of Ottawa is pleased to deliver Celebrate EveryBody thanks to generous funding from the Crabtree Foundation.

Celebrate EveryBody is:

- An eating disorder prevention initiative that welcomes all youth participants
- A safety net for individuals at risk of developing, or who have, an eating disorder
- Informed by evidence-based research and best practices, the Ontario Ministry of Education's curricula and the School Mental Health ASSIST framework
- Informed by ecological theories involving systems and wellness-based approaches, and Comprehensive School Health and Train-the-Trainer models

Trained Celebrate EveryBody facilitators provide information on - and lead group discussions, private journaling and activities for youth about - the following topics, which are delivered in 60-minute sessions:

Youth will learn

- To respect the experiences of themselves and others
- Personal skills including self-awareness and self-monitoring, and adaptive, management and coping skills
- Interpersonal skills including communication, relationship and social skills including healthy relationships, boundaries, social support and diverse ways to navigate peer interactions such as bullying, peer pressure and peer support
- Healthy living skills including a holistic approach to mental and physical health. Understanding health concepts and factors that contribute to healthy growth and development, making healthy choices and applying health knowledge to make decisions about personal health and well-being, and making connections to link personal health and well-being to others and the world around them
- Critical and creative thinking skills including media literacy, activism and advocacy opportunities for themselves and others



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