



Hopewell Eating Disorder Support Centre of Ottawa is pleased to be able to offer the *Celebrate EveryBody* program for FREE to students.

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 Ontario's framework
- Informed by ecological theories involving systems and wellness-based approaches, and Comprehensive School Health and Train-the-Trainer models

Topics:

The program is delivered through 40-minute or 60-minute workshops by trained facilitators who provide vital information and lead group discussions and activities around a variety of topics including:

- 1) **Navigating Relationships and Setting Boundaries**
- 2) **Media Influence**
- 3) **Mental Health, Normal Eating, Body Image**
- 4) **Self-Esteem and Coping**

What Youth Will Learn:

- To respect the experiences of themselves and others
- Personal skills including self-awareness, self-monitoring, self-care, adaptive coping skills
- Interpersonal skills including communication, relationships, boundaries, social support, and ways to navigate peer interactions and peer pressure
- Healthy living skills including a holistic approach to mental and physical health
- Critical and creative thinking skills including media literacy, activism and advocacy opportunities for themselves and others