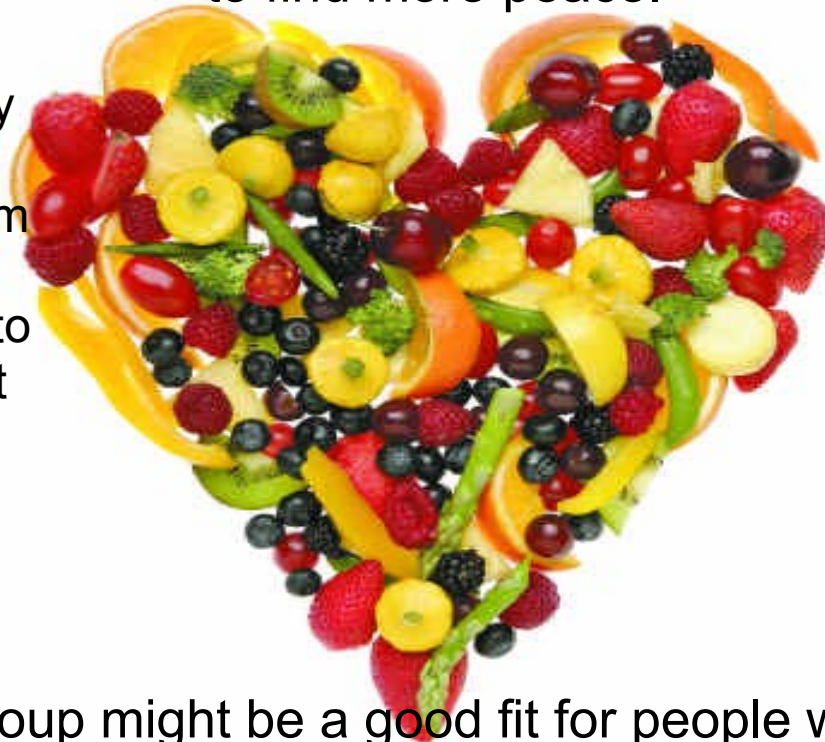


A Hunger for Peace

Is your relationship with food and your body challenging? Do nourishment and physical activity feel charged with judgment or difficult thoughts?

This group is for students who are exploring their relationship with food and body and who are hoping to find more peace.



Wednesday

5:00 -6:30pm

February 1 to
March 21st

Lansdowne
Campus

Free for
Students

This group might be a good fit for people who have struggled with yo-yo dieting, disordered eating, eating disorders, compulsive eating, or anyone who has curiosity about their own relationship to food and body.

Presented by Camosun College Counselling Services

Facilitated by Liisa Robinson M.Ed, RCC

A brief pre-group interview is required.

Please contact Counselling at 250 370 3571 to schedule.

Maximum of 8 participants

Culture, gender, sexuality, race, and many other factors may influence our relationship with food and body. All students are welcome.