

Mark Your Calendars

Eating Disorders Awareness Week February 1-7, 2010



Eliminate the stigma surrounding eating disorders and encourage those affected to seek treatment.

Monday February 1, 2010

Open House Information Night: Media Awareness and Body Image Video Viewing and Discussion
Topic: Important information for every parent, educator, teenager, student or adult, man or woman. Topics of positive body image, media representations and tips on how to foster positive body image in an unrealistic world.

*****Recommended for individuals 12 and older***

Video: Teen Truth Live: Body Image www.teentruthlive.com

Location: Danielle's Place

Time: 7:00pm

Wednesday February 3, 2010

Faces of Recovery:

Topic: A panel of inspirational speakers talk about their personal stories of battling eating disorders.

Featuring: Carly Lambert of Danielle's Place.

Location: Guelph's Italian Club 135 Ferguson St. Guelph, Ontario

Time: 7-9pm

Saturday February 6, 2010

The Art of Letting Go

Workshop: A look at alternative forms of Healing, perfect for individuals at any stage of their eating disorder

Topic: In line with Danielle's Place core values, we would like to offer a panel of experts to discuss alternative forms of healing to talk therapy. Many individuals get great relief and comfort in forms of therapy such as art therapy, yoga, dance, writing, reiki, hypnotism and many more slightly less conventional types of therapy.

This workshop will discuss the benefits of trying to heal your life using a wide range of techniques that you may not have considered in the past.

Featuring: **Leslie Landry** Certified Yoga instructor, speaking about nourishing the soul along with the body and mind with yoga. **Jennifer Schramm:** Life Coach and self esteem expert, speaking about the art reiki in healing the mind and soul, **Gili Haimovich:** expressive arts therapist will discuss her unique approach using expressive arts writing methods with people who have eating disorders. **Jennifer Polo:** art therapist. Will share how creating various forms of art are key to the healing process.

Location: Danielle's Place

Time: 1-4 pm

Stay tuned to our website for further details www.daniellesplace.org

If you are planning on attending please call the office at 905-333-5548 to guarantee a spot