

## **Workshops for Professional Development: Eating Disorders What to Look For and How to Help**

Eating disorders have the highest mortality rate of any mental illness. At the National Eating Disorder Information Centre (NEDIC), we recognize that many people have unanswered questions about helping someone with an eating disorder. Our goal is to promote information and awareness about this complex issue.

We offer interactive workshops, webinars, and Lunch and Learn presentations to service providers and non-clinicians who may wish to know more about the prevention, recognition, and treatment of eating disorders.

Our presentations provide an overview of:

- Eating disorder diagnoses, warning signs, and symptoms;
- Eating Disorder risk factors from a bio-psycho-social perspective;
- Misconceptions relating to dieting;
- Tools and resources for supporting someone who is affected by an eating disorder or food and weight preoccupation.

We regularly facilitate presentations for family health teams, community health centre staff, guidance counselors, teachers, parents, and organizations serving youth. We work with groups of 15 or more participants. Workshop fees depend on context, and presentations range in length from one to two hours.

### **About Us**

The National Eating Disorder Information Centre (NEDIC) is a non-profit organization founded in 1985 to provide information and resources on eating disorders and food and weight preoccupation. To learn more about NEDIC, visit us online at [www.nedic.ca](http://www.nedic.ca) or call our toll-free national helpline at 1-866-633-4200 (416-340-4156 in Toronto).

**For more information, or to book a workshop, contact:**

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