

Family Services of the North Shore



Why Weight?

A program for teens with eating disorders and their families

Why Weight? is a program for teens with eating disorders and their families. The program runs for 6 weeks, and each weekly group is 2 hours long.

- The first hour is for families together, and
- The second hour is separate parent and teen groups.

Why Weight? focuses on support and education around eating disorders through a variety of media presentations and shared knowledge. The program is built around the understanding that people change behavior when they are ready to make changes, and fully supports this process.

Group Details

Dates: Tuesday evenings - April 5th to May 10th, 2011

Time: 6:30 p.m. – 8:30 p.m.

Location: Lions Gate Hospital
Day Treatment Centre
148 East 15th Street, North Vancouver

Cost: No fee

Facilitator

Carmen Kaufmann *M.S.W., R.S.W.*, has worked in the area of eating disorders for 15 years and run Why Weight? groups for 5 years. She is passionate about her work in eating disorder prevention and both works and volunteers a great deal of her time in the communities dedicated to this issue.

Guest Speakers:

Kathy Romses M.A., Registered Dietitian
Community Dietitian, Be Real Clinic – Child and Youth Services

Cindy Ross, M.S.W.,
Clinician/Coordinator of the Be Real Clinic

Family Services of the North Shore

101 – 255 West 1st Street
North Vancouver, BC V7M 3G8
Phone: 604-988-5281
Fax: 604-988-3961

Web address:
www.familyservices.bc.ca

Caring for our community



To Register/For More Information

Call 604-988-5281, ext. 204.