

## 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 15<sup>th</sup> 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

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*Caring for our community*



#### To Register/For More Information

Call 604-988-5281, ext. 204.