Exploring wellness and self-compassion for individuals through positive peer discussion.

An informal group gathering to provide education, resources, and a healthy safe environment for individuals to promote body acceptance.

No Referral Needed.

When: 1st and 3rd Thursdays of every month @ 1:00pm.

Where: CMHA Kelowna’s Wellness Development Centre 504 Sutherland Avenue.

For more information, email: jayme.metzger@cmha.bc.ca
Subject line: talk with us
www.cmhakelowna.org

One of the most deadly symptoms of an eating disorder is silence...