

BUILDING RESILIENCE IN OUR CHILDREN AND YOUNG PEOPLE



PROTECTIVE FACTORS IN THE PREVENTION OF EATING DISORDERS

An online series for parents of children aged 8-18 years

Created to empower and upskill parents and carers with a range of strategies and tools.

These webinars will guide parents in supporting their children to build a healthy relationship with food and positive body image.



**YASMINA
DIAB
SENIOR
DIETITIAN**

Webinar One- 45 minutes

Outlines the language, tools and activities that you can put into action in your home, to create a positive food environment and foster a balanced relationship with food. Cost: \$35

Webinar Two- 35 minutes

Provides you with skills and tools to unpack “body image” with your children, as well as a series of practical strategies to foster positive body image in your family. Cost \$35

Reduced cost of \$60 for both webinars.

Webinars are best viewed as a series but are available to purchase one at a time.

Call 8166 4381 to purchase

www.awhc.net.au



Yasmina is a Senior Consultant Dietitian with 18 years' experience in public health nutrition, community health and private practice.

She specialises in the prevention and treatment of eating disorders and disordered eating behaviours.

Yasmina has a passion for public health nutrition and develops nutrition policies and procedures, in addition to supporting food and nutrition curriculum development for the primary years. Yasmina also consults to the Butterfly Foundation and is a guest lecturer in academia.