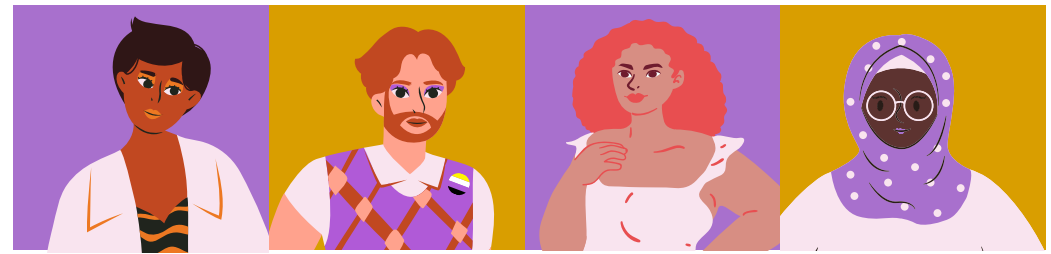


# Food & Me: the webinar series

The Food and Me Webinar series will be held on the following dates and times.



## Webinar Series

## Webinar Dates

### Module 1: Introduction to Eating Disorders

- What to look out for – signs and symptoms
- The BMI – based on racism and sexism, misinformation, and stereotypes
- Seeking support and the barriers you may encounter
- Approaching someone who has a problem

### Module 1 Dates

20.09.23 | 18:30  
27.09.23 | 18:30  
04.10.23 | 18:30

### Follow up sessions will be held on:

04.10.23 at 17:30  
11.10.23 at 17:30  
18.10.23 at 17:30

### Module 2: The Role of Food in Your Culture

- Understanding and normalising sensitivities around food
- Communication through food in families
- Considering barriers in the home and wider community
- Considering how spirituality can be helpful in recovery
- Religion and religious food requirements (food restrictions, special foods, fasting)
- Social events and societal expectations

### Module 2 Dates

11.10.23 | 18:30  
18.10.23 | 18:30  
25.10.23 | 18:30

### Follow up sessions will be held on:

25.10.23 | 17:30  
01.11.23 | 17:30  
08.11.23 | 17:30

## Webinar Series

## Webinar Dates

### Module 3: Routine and Structure

- Putting boundaries in with family: finding the balance between autonomy and community support when healing
- Consistency is key
- Accommodating cultural norms when putting in routine and structure
- How to communicate your specific needs to the system when thinking about structure
- Ensuring you are receiving culturally responsive care

### Module 3 Dates

01.11.23 | 18:30  
08.11.23 | 18:30  
15.11.23 | 18:30

### Follow up sessions will be held on:

15.11.23 at 17:30  
22.11.23 at 17:30  
29.11.23 at 17:30

### Module 4: Body Image

- Healing from internalised racism
- Gender identity and body image
- The body holds our pain
- Feeling unseen by the media: misinformation and impact of white-washing of beauty stereotypes

### Module 4 Dates

22.11.23 | 18:30  
29.11.23 | 18:30  
06.12.23 | 18:30

### Follow up sessions will be held on:

06.12.23 at 17:30  
13.12.23 at 17:30  
20.12.23 at 17:30