



PERSONALITY-SPECIFIC COPING SKILLS

Goal:

Helping youth identify and apply coping skills to personality traits that can lead to disordered eating.

Provides a supportive non-judgemental environment

Trained facilitators guide teens through workshops where they feel safe and heard

Fosters connection

The group setting allows for like minded youth to come together

Empowers teens

Knowledge is power. Teens come away from the workshops with a new set of skills

Promotes cognitive well being
Behavioural therapy and motivational interviewing skills help teens to better understand themselves

