Fall 2015 Newsletter

Eating Disorders of York Region's
Riverwalk Eating Disorders and Wellness Centres

905-886-6632

Riverwalk provides a wide range of support programs, please visit the website for full listings.

Support Groups

Life Without an Eating Disorder Support Group with Flora Svinarenko, BSW, MSW, RSW

6 weeks, starting October 20th, 5:00-6:00 p.m.

15213 Yonge Street, Suite 15, Aurora

This group is suitable for anyone seeking support for the first time in a group format. The roup is based on the Cognitive Behavioural Therapy techniques, specifically developed for eating disorders (CBT-E). During this group participants ill get a chance to learn about how to change unhelpful thoughts and behaviours that contribute to the disordered eating. The facilitator will help identify internal and external factors that are intertwined with eating habits. You will be given helpful tools and techniques on how to address the disordered eating. After the introductory six weeks, this group may be offered as an ongoing maintenance and support group with a focus around sharing what works and what does not, as well as refining tools and techniques learned in the journey to recovery. Cost is $90.00 (total for the six weeks).

For details and to register visit www.edoyr.com/support-programs

Peer Support Group – Coming Soon, please email info@edoyr.com if you would like to join.

Free Art Programs

Please note, you must be referred to the arts program by either Eating Disorders of York Region's Riverwalk Wellness Centres or Addiction Services for York Region to participate. Please call 905-886-6632 for more information.

Soapstone Carving With Greg Scott

Tuesday November 10th , Wednesday, November 11th, and Thursday November 12th, 6:00-9:00 p.m.

15213 Yonge Street, Suite 15, 2nd floor Art Gallery, Aurora

Please join us for three nights of stone carving. We will explore simple forms and watch how we can change them into wonderful animals shapes. The cold irregular stones will be transformed through our work into harmonious living forms. Simple chisels, rasps and files will be used to shape alabaster and soapstone into fine polished pieces. No experience is needed, just a willingness to try something new and explore your creativity.

The first 1.5 hours is instruction and the remaining 1.5 of each session is an "open studio" where you are free to continue to work on your sculpture with guidance. You are welcome to attend as many sessions as you would like. We'll work with rasps to form soapstone (or alabaster) into palm sized sculptures (free form or small animal forms).

Music as Expression! with Melissa Cornacchia and Michelle Scott

Two Sundays, October 18th & 25th, 12:30-1:30 p.m.

Thornhill Community Centre, Room B8, 7755 Bayview Ave, Markham, ON L3T 4P1

Explore your musical side in a safe and non-judgmental environment. Express yourself and have fun doing it! Bring your instrument, play one of our percussion instruments, or sing along in Music as Expression. Suggest popular songs that we can look up and play together or play one of your original tunes or participate in an impromptu jam session as we create beats and melodies together. All levels are welcome - no experience necessary! Free of cost.

For details and to register visit www.edoyr.com/expressive-and-therapeutic-art

Eating Disorders of York Region's

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FACES OF RECOVERY

FREE EVENT

ALL ARE WELCOME!

PLEASE JOIN EATING DISORDERS OF YORK REGION'S RIVERWALK EATING DISORDERS AND WELLNESS CENTRES IN A "FIRESIDE CONVERSATION"

Members from the "Faces of Recovery" campaign invite you to join with them in conversation to speak about recovery and to answer questions that may arise concerning emotional, social, mental, spiritual, physical health and wellness in the recovery process.

WHEN

SATURDAY, DECEMBER 5TH

11:00AM-12:30PM

WHERE

THORNHILL COMMUNITY CENTRE, ROOM B5

7755 BAYVIEW AVE, MARKHAM, L3T 4P1

REGISTRATION IS REQUIRED.

PLEASE EMAIL INFO@EDOYR.COM TO REGISTER.

SPACE IS LIMITED! REGISTER TODAY TO AVOID DISAPPOINTMENT!

Faces of Recovery

A number of years ago, someone who recovered from an eating disorder visited us and said something remarkable. When she was struggling with an eating disorder, she didn't know recovery was possible as she'd never met anyone who'd recovered.

We thought we'd change that and so; on our website, we added "Faces of Recovery"., stories from different people on their paths to recovery.

To read the stories, and view the newest edition, Wendy's Strategies video, please visit www.edoyr.com/survive

Honour someone special with a donation in their name and we'll be pleased to add their name to a copper leaf on our "Tree of Life." With a donation of $100 or more. (May be a one time gift or may be through your monthly donation.)

Thank you to our donors! Your one time or monthly donation makes a difference. Contact us for more information regarding how you can be a supporter of this important cause.

Thank you to the Ontario Trillium Foundation and our sponsors!

Ontario Trillium Foundation / Fondation Trillium de l'Ontario

For information about support groups and a location nearest you, please visit www.edoyr.com
call 905-886-6632, or email info@edoyr.com

Join us on: