

# ACCEPTING OUR BODIES

## Support Group



Canadian Mental  
Health Association  
Kelowna  
*Mental health for all*

Exploring wellness  
and self-compassion  
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.

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

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

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

For more information, email:  
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Subject line: talk with us  
[www.cmhakilowna.org](http://www.cmhakilowna.org)