

CONNECT &
LEARN WITH
US!



In-Person Community Events for Parents & Caregivers

Location: Mark Isfeld Secondary (Multipurpose Room) 1551 Lerwick Rd, Courtenay

Date: Wednesday, February 5, 2025

Time: 6:30 pm – 8:00pm

For Families: A Conversation About Eating Disorders

Knowing how to help our kids who are experiencing an eating disorder can be a terrifying, isolating and overwhelming experience. Learn about disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

Join us as Victoria Keddis hosts a conversation with Eating Disorders Therapist & Educator Carmen Kauffman, and Rylee McKinlay, a young person with lived experience, and Terri McKinlay, a parent with lived experience.

This video presentation will be followed by a facilitated discussion by the Family Peer Support Workers in the Comox Valley.

Cost: Free

Register at: familysmart.ca/events

Questions?

Email: megan.watson@familysmart.ca or
phone/text: 250-890-2393

familysmart.ca