



Parent Support Services  
Society of BC

# Parenting Workshop

## Supporting Your Teen's Healthy Relationship to Food and Body

**Thurs., September 25, 2025 | 10 am - 11:30 am**

**Online  
Workshop**

Family is a cornerstone in a teenager's life, shaping their values, beliefs, and behaviours, including their relationship with food and body image. Parents and caregivers play a vital role in influencing how their teenagers perceive food, exercise, and their own bodies.

### We will discuss:

- The diverse factors that impact teenagers' food choices and body image
- The importance of modeling positive food and body behaviour
- How to promote a positive food environment



**Scan or Click  
to Register**



**FREE**

Registration required to participate in this workshop!

Register now -  
Workshop Sept., 25, 2025

[www.tinyurl.com/pssworkshops](http://www.tinyurl.com/pssworkshops)

### In partnership with:



**island health**

**GOT QUESTIONS?**

**REACH US AT:**

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parentsupportbc.ca

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