



## **Stages of Change**

*with Flora Svinorenko, BSW, MSW, RSW*

**Tuesday, April 24<sup>th</sup>, 6:30-8:00 p.m.**

**Eating Disorders of York Region central office**

**15213 Yonge St., Ste. 15, Aurora, L4G 1L8**

**(just South of Wellington St., in the old post office building)**

Are you ready to explore the possibility of change? If so, discover where you are in your Journey of Recovery. “Stages of Change” will help you explore the changes that you are seeking. In a safe and confidential setting, the costs and benefits of changing eating disorder behaviors will be presented. We will also try to identify barriers and explore healthy coping strategies.

This session is free of charge.

To register please call (905) 886-6632  
or email at [info@edoyr.com](mailto:info@edoyr.com)