

## NR.IE19.012CG Raising Awareness About Eating Disorders and How to Find Support - Public Session



**PRESENTED BY**

**Lauren Berlinguette & Sarah Johnson**



**SERIES SESSIONS**

Date	Time
November 22, 2018	7:00 PM - 8:00 PM



**LOCATION**

**St. Joseph Catholic High School (GP) -  
10520 68 Avenue**

**FEE**

**\$0.00**

**QUESTIONS?**

**Contact Us:**

[nrlc@arpdc.ab.ca](mailto:nrlc@arpdc.ab.ca)

[780-882-7988](tel:780-882-7988)

**REGISTER ONLINE**

**Visit our website to register:**

[nrlc.net](http://nrlc.net)

### Program

This free education session is designed for parents, coaches, educators and interested community members to increase your knowledge and understanding of specific eating disorders, warning signs and supports within Alberta.

### Presenters

#### **Lauren Berlinguette**

Lauren Berlinguette - Joining EDSNA in the Fall of 2017 and becoming one of the current Volunteer Coordinators shortly thereafter, Lauren had the opportunity to really become involved with the organization before stepping into her current role mid-2018.

Lauren has a long-standing interest in working with eating disorders. Having completed her undergraduate degree in Psychology, and living through her own personal experience, she knew it was an area of mental health she wanted to work in. She recognizes the importance of the work EDSNA is doing, and is grateful to be involved.

Eating disorders in diverse populations (including late onset disorders) are a special area of interest for her, and she hopes to delve further into these topics in the future.

**To contact Lauren, email: [admin@EDSNA.ca](mailto:admin@EDSNA.ca)**

### **Sarah Johnson**

Sarah Johnson - Volunteering for EDSNA since 2014, Sarah has become very familiar with the vision and mission of EDSNA. She has made media appearances with EDSNA, proudly speaking out as an eating disorder recovery warrior herself. Stepping into a full-time role with EDSNA mid-2018, Sarah takes care of the day-to-day tasks for EDSNA and helps to plan, coordinate, and execute programming and events on behalf of the organization.

Sarah is excited to be employed by an organization she holds so close to her heart, as she believes EDSNA has given her more than she will ever be able to give back. Along with advocating for eating disorder recovery and support through her position with EDSNA, Sarah also has a blog dedicated to her personal eating disorder recovery-

[www.NotSoLinear.ca/thoughts](http://www.NotSoLinear.ca/thoughts)

**To contact Sarah, email: [info@EDSNA.ca](mailto:info@EDSNA.ca)**

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