

“I’M NOT EATING THAT!”



**NORTH SHORE
CBT CENTRE**

STRUGGLING WITH A PICKY EATER?

Mealtimes can be stressful when your child refuses certain foods or eats a minimal variety. This interactive two-hour online workshop will explore common reasons behind picky eating and provide evidence-based strategies to support a more flexible and enjoyable approach to food.



Facilitated by Dr. Villeena Villantheran, Post Doctoral Clinician at North Shore CBT Centre (supervised by Dr. Jennifer Campbell, R. Psych)

JOIN THIS ONLINE WORKSHOP

FRIDAY, MAY 16TH

2025

11AM TO 1PM PST

FEE: \$100.00



YOU WILL LEARN ABOUT:

- Why your child may have strong food preferences
- Managing mealtime stress
- Encouraging food variety
- When to seek professional help

REGISTER FOR THIS WORKSHOP BY CONTACTING OUR INTAKE COORDINATOR, CRISTINA, AT INFO@NORTHSHORECBT.COM OR CALL 778-928-9069