

Student Counselling, Health & Well-being presents:

LET'S TALK DYSPHORIA:

Exploring body positivity from a trans-inclusive lens

A virtual workshop by trans folx for trans folx

This workshop focuses on body positivity from a queer lens and is inclusive of all bodies including trans and gender non-conforming bodies. Explore how shifting perspective and utilizing self-compassion can lessen feelings of body discomfort and dysphoria.

Date: November 17th, 2021

Time: 4:00pm – 5:30pm

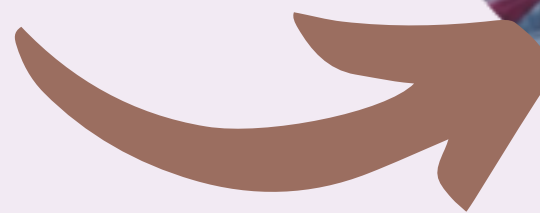
Registration: Link [here](#)

Facilitator: Jay Jonah



Helping you connect the dots!

Click here to learn more about Jay!



Draws for prizes will be held!

Event held in honour of November 20:
Transgender Day of Remembrance

