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

Click here to learn more about Jay!

Draws for prizes will be held!  
Event held in honour of November 20: Transgender Day of Remembrance