

We Need to Talk is offering two no-cost, virtual events for National Eating Disorders Awareness Week (February 21-27)!

Please help us spread the word by sharing these events with your colleagues, clients and community.

For Tweens, Teens and Young Adults:



February 22 | 7 PM | Zoom

No filters, it's time to get real! Based on her own struggles, Division 1 volleyball player, TED Talk speaker, social media influencer and mental health advocate Victoria Garrick lays down a real and honest talk about mental health. Victoria will discuss her personal experiences with depression, anxiety and body image issues and what she's learned that she hopes will help other young people who are working to overcome similar challenges.

[View on JLive](#) | [View on Facebook](#)

For Parents and Youth Professionals:



February 24 | 7 PM | Zoom

Join us for an important conversation with eating disorder experts, Dr. Jessica Van Huisse and Dr. Bernie Stoody, as we discuss the signs, symptoms and consequences of disordered eating, as well as when and how to intervene and connect youth to treatment. Parents and youth professionals will leave with practical information that can help save the life of a young person suffering from an eating disorder.

[View on JLive](#) | [View on Facebook](#)

Questions? Contact jcohen@jfsdetroit.org