

United Parent Council

"Standing for Children"

ADVOCATE. EDUCATE. COLLABORATE



Parents, please join us

Wednesday, November 15th, 2017

Body Image and Self Esteem

**Joronda Montano, Prevention Specialist
notMYkid**

Join the United Parent Council (UPC) and notMYkid for a candid conversation. Eating disorders are often not just about food. They tend to develop as a way of dealing with life's challenges, as is often the case with drug and alcohol abuse or gambling. Eating disorders can lead to significant health problems. In addition to the physical effects on the body, the unhealthy behavior often spirals into feelings of guilt, social withdrawal, and increased feelings of inadequacy or low self-esteem.

For many who suffer from eating disorders, controlling food intake and weight allow them to feel "in control" or and empowered. While eating disorders offer some temporary relief form very real emotional conflicts, long-term physical consequences and emotional aftermath (including feelings of guilt and self-loathing) pose significant long-term challenges as the disease progresses.

Parents Only
Content is not suitable for children

Monthly Meeting and Educational Program

August 16th, 2017

September 27th, 2017

UPC New Member Lunch: @ 11:30

October 18th, 2017

November 15th, 2017

*Evening program in December- notMYkid

January 17th, 2018

February 21st, 2018

March 21st, 2018

April 18th, 2018

May 16th, 2018

LINC Vendor Showcase

March 6th, 2018 Dave & Busters

Teacher + Staff Appreciation

Feb 6th, 2018 - Mar 21st, 2018

Time:

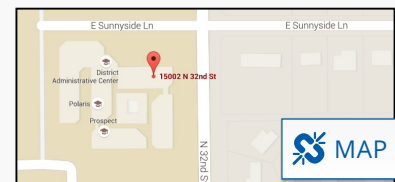
8:45 a.m. Meet and Greet

9:00 a.m. Monthly Meeting

10:15 a.m. Educational Program


Location:

PVUSD Administrative Center
East/West Conference Room
15002 N. 32nd Street
Phoenix, AZ 85032



Be connected via our monthly meetings,

e-bulletins, and website: pvupc.org

 twitter.com/upcpvUSD

 [linkedin.com/pub/UPCPVUSD](https://www.linkedin.com/pub/UPCPVUSD)

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