

PCI TEEN CLINIC

Take charge of your health...it's your choice!



Summer Hours: Tuesday – Friday 8:00am – 3:00pm

Closed July 18– August 1

To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

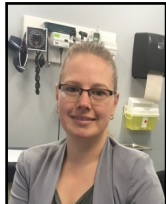
TEXT or Call 204-870-0689 (Provide full name in text)

Or **Call 204-857-6843 ext. 11609**

AFM– Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to an AFM counsellor

Rachel Wiebe Skouta



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Sacha Grimeau



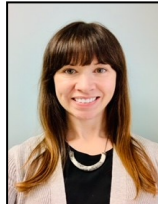
Mental Health Counsellor

Carly Gabler



Dietitian

Kerby Sylvester



Dietitian

Betty Ryzner-Madsen



AFM Counsellor

Laine Hill



Mental Health & Addictions Nurse

Jackie Meulpolder



Receptionist

WHAT IS DIET CULTURE?

A SYSTEM OF BELIEFS THAT VALUES WEIGHT, SIZE, AND SHAPE OVER HEALTH AND WELL-BEING 1

PROMOTES WEIGHT LOSS AS A MEANS OF ATTAINING HIGHER STATUS 2

WORSHIPS THINNESS & SAYS THINNESS IS HEALTH AND MORAL VIRTUE 3

DEMONIZES CERTAIN WAYS OF EATING AND ELEVATES OTHERS 4

SAYS SHRINK YOURSELF BY ANY MEANS AND ENCOURAGES DISORDERED EATING 5

OPPRESSES PEOPLE WHO DON'T MATCH UP WITH SUPPOSED "PICTURE OF HEALTH" 6

@HEYTIFFANYROE

HOW TO DITCH DIET CULTURE:

Unfollow/unsubscribe. Limit your exposure to messaging and images that focus on unrealistic health and beauty standards. Instead, fill your feed with non-diet and body positivity content.

Celebrate body diversity. Bodies come in all shapes and sizes. Avoid making assumptions about other people's health based on their body shape or size.

Practice food neutrality. Food doesn't have any moral value—it is simply a source of energy. Distancing yourself from food labels like "good" or "bad" can make food feel less powerful.

Build a positive relationship with food and your body. Start by listening to your body. Tune into signs of hunger and fullness. Notice the types of movement that feel good to you.

Educate yourself on health. Gain a deeper understanding of how focusing solely on weight and body size can be detrimental to your health.

It is possible to value your health and well-being without subscribing to diet culture. If you want to learn more about how to improve your relationship with food and your body, come visit a dietitian at Teen Clinic!