

# Project SELF

**Project SELF is a 4-week workshop series on food, mood, and body image focusing on the SELF:**

- Self-compassion
- Emotion regulation
- Listening (to others and to self)
- (relationship with) Food

This is a non-judgmental, stigma-free, and weight-neutral/HAES-informed space for students to explore these sensitive topics in a new way with mental health, medical, and nutritional professionals.



**Tuesdays 3:00-4:30PM**

4 weeks beginning  
September 22

*Look for Series 2 coming in  
November 2020!*

*Click the link to register!*  
<https://cutt.ly/projectSELF>



*Presented by the CSUF Eating Concerns Task Force  
and Counseling and Psychological Services, in  
collaboration with Health Services and TitanWell.*