

# A skills-based learning group for carers and families affected by Eating Disorders

## Are you interested in:

- Understanding more about eating disorders and ways to support recovery?
- Learning and practicing helpful communication skills?
- Developing positive coping strategies?
- Fostering a healthier relationship with your loved one?
- Being part of a group facilitated by two experienced psychologists specialising in eating disorders?

**Dates:** To be negotiated

**Format:** 6 weeks (one 2 hr evening each week) or over two Saturdays. Each group will be offered a “follow up” session which usually takes place 2 months after the group has finished.

**Venue:** Building 14 (EDOS), Rosemount Campus, Cartwright Street, Windsor.

**Cost:** \$130/person. Handouts and light refreshments are included.

“I thought I was a good parent, but when this eating disorder came into our daughters life, my wife and I felt so alone and out of our depth. This group helped us to connect with other parents and learn and practice techniques to help our daughter.”

The companion book, **“Skills-Based Learning for Caring for a Loved One with an Eating Disorder”** by Janet Treasure and colleagues, is available and can be purchased through EDA/online/or through bookstores.



To register your interest in attending please contact Cathy Dart Ph: 3356 8255