



Understanding Eating Disorder Recovery

A six week group program for family and friends to help understand young people's relationship with food and body image and how to support them.

What's in each session:

- Session 1: Eating Disorders explained
- Session 2: Behaviours versus the Individual
- Session 3: Engagement and Empathy
- Session 4: Boundaries and Barriers
- Session 5: Thinking Traps and Tricks
- Session 6: Planning for the Future

When is it?
Thursday nights for six weeks, commencing 26 April to 31 May 2018, from 6pm – 8pm

Where do I go?
The Youth Hub, 2-14 Sporting Drive, Thuringowa

What is the cost?
No cost to participants

How do I attend?
Contact Michelle on 4799 1799

