



Eating Disorders Support + Skill Building Group for Family & Friends

Do you care about someone with an eating disorder but aren't sure what to do or say?

Do you have an eating disorder and wish your family and friends had a better understanding of what you're going through and how to support you?

The Centre for Clinical Interventions (CCI) Eating Disorders Programme is offering a free two-part group for carers, family members, and/or friends of people with eating disorders. Based on Janet Treasure, Grainne Smith and Anna Crane's 2007 book *Skills-based learning for caring for a loved one with an eating disorder – the New Maudsley Method*, these interactive groups are designed to provide information about eating disorders in addition to giving participants the opportunity to share their personal experiences and to learn and practice helpful strategies relating to their loved ones eating disorder. Whether you are a parent, sibling, partner, extended family member, friend, housemate, or child of a person with an eating disorder, this group will be valuable for you.

Topics to be discussed include:

- The nature and complex causes of eating disorders
- The impact of insufficient nutrition on how people think, behave and manage emotions
- Recognising signs of medical risk in a loved one with an eating disorder and how to respond
- Treatment options and helpful resources
- The challenge of recovery and how to support a loved one on the path to recovery
- The impact of eating disorders on relationships
- Why carers should be involved and how they can help
- Helpful communication techniques

All sessions run from 4:30pm – 7:00pm
Groups commencing from February 2018

Places are limited so register your interest early to avoid missing out.

To register please phone 9227 4399
or email info.cci@health.wa.gov.au

Please include the following information:

- Names of all attendees
- The attendees' relationships to the individual with an eating disorder
- The age of the individual with an eating disorder
- The treatment (if any) currently provided to the individual with an eating disorder