Centacare’s PACE service offers a support group for people with Binge Eating issues.

Binge Eating is more than just overeating. Binge Eating involves:

- Eating a significantly large amount of food in a short period of time
- Feeling out of control and unable to stop eating
- Feelings of shame, guilt, and despair after a binge
- Eating rapidly
- Eating alone or in secret to hide the amount eaten
- Eating when not hungry
- Eating to the point of physical discomfort

If you have a problem with binge eating, the Binge Eating Recovery Support Group can help.

Where: Payneham Community Centre – 374 Payneham Road Payneham

When: Thursdays (Fortnightly)  
Time: 10.00am – 12.00pm  

(Although 2 hours is allocated for the group, finish times are flexible and depend on the needs of the group)

Dates:

1st August  
15th August  
29th August  
12th September  
26th September

7th November  
21st November  
5th December  
19th December

For more information or to register phone 8303 6660 or email pace@centacare.org.au