



Centacare

Peer-led Eating Disorder Support Groups

Commencing Online - 5th October 2023

EDSS facilitates peer-led support groups for individuals aged 18+ who may be experiencing an eating disorder or disordered eating, body images concerns and/or unhelpful relationships with food.

Over 10 sessions, we aim to provide an understanding, safer /safe enough space with like-minded people to connect, support, share and participate in recovery-orientated sessions to foster and support recovery.

We understand recovery is unique to everyone but also acknowledge that some experiences may be similar.

Please register your interest today!

Common benefits to participating in peer support groups are:

- Feeling less isolated
- Expanding social network
- Receiving emotional support
- Receiving practical support
- Gaining insight from peers about strategies for personal growth
- Gain a greater sense of control
- Mutual aid and develop purpose in recovery for self and others
- Building/rebuilding trust in others
- Engaging in meaningful activity
- Hope for recovery
- Develop a new/non-eating disorder identity

WHEN: Thursdays x 10
Commencing: 5th October 2023
Ending: 8th December 2023

WHERE: Zoom - Online

TIME: 6:pm – 7:30pm

Register your interest:

(08) 8303 6660
edss@centacare.org.au

