

Binge Eating Recovery Support Group - 2019



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)

Dates: 1st August

24th October

Time: 10.00am – 12.00pm

15th August

7th November

29th August

21st November

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

12th September

5th December

26th September

19th December

For more information or to register phone 8303 6660 or email

pace@centacare.org.au