

## Eating Disorders Recovery Support Group - 2019



Centacare's **PACE** service offers a free support group for people living with an eating disorder.

The Eating Disorders Recovery Support Group provides a safe and supportive environment in which to:

- Meet other people experiencing similar challenges
- Share your experiences with people who understand what you are going through
- Learn strategies to help you in your recovery

PACE support groups are co-facilitated by a Peer Worker with a lived experience of recovery.

Anyone over the age of 16 can attend, and you are welcome to bring a support person with you.

**If you have an eating disorder, the Eating Disorders Recovery Support Group can help.**

**Where:** Payneham Community Centre – 374 Payneham Road Payneham

**When:** Tuesdays (Fortnightly)

**Dates:**

23<sup>rd</sup> July

15<sup>th</sup> October

**Time:** 6.00 – 8.00pm

6<sup>th</sup> August

29<sup>th</sup> October

20<sup>th</sup> August

12<sup>th</sup> November

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

3<sup>rd</sup> September

26<sup>th</sup> November

17<sup>th</sup> September

10<sup>th</sup> December

**For more information or to register phone 8303 6660 or email**

**[pace@centacare.org.au](mailto:pace@centacare.org.au)**