

Eating Disorder Carers Support Group

A free support group for the friends and family of a person with an eating disorder

What can I expect from attending this support group?

- A safe space to discuss your experiences of caring for someone with an eating disorder amongst peers.*
- To receive education about eating disorders and the challenges faced by those who care for a person with an eating disorder.
- To receive guidance on where to find accessible, evidence-based information about eating disorders and relevant support services.

The Eating Disorder Carer Support Group is held on the second Monday of every month (in 2019) at 7.00pm-8.30pm.

Biggs Street Meeting Room

76-78 Biggs Street,

St Albans, 3021

For Enquiries:

(03) 9826 1422

admin@mhfa.org.au



**Mental Health
Foundation Australia**

**As this support group is focused on carers, we ask that those who are currently experiencing an eating disorder do not attend. If you have an eating disorder and would like help finding support, please contact us.*