

FREE group therapy for people experiencing problems with eating or an eating disorder.



This is an opportunity to receive, free of charge, ten weekly group therapy sessions facilitated by an experienced registered psychologist with expertise in treating eating disorders.”

This therapy could help if you:

- **Feel guilt or shame around food**
- **Excessively restrict your eating**
- **Use laxatives or vomiting to manage calories**
- **Binge on food when you are emotionally overwhelmed**
- **Are anxious or highly worried about calories, body weight and shape**
- **Feel being a certain weight is very important to be successful or accepted by others**
- **Become upset or worried if you do not do enough exercise to manage your weight**
- **May have anorexia ,bulimia nervosa or binge eating disorder**

This free group therapy is part of trial of a **new treatment** for eating disorders- **Experiential Awareness Therapy**.

Applicants must be 18 years+

Formal eating disorder diagnosis **not** required for participation.



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