

FREE ANOREXIA NERVOSA GROUP SUPPORT

The Peter Beaumont Eating Disorder Ambulatory Service is piloting a support group for people who have had **Anorexia Nervosa for seven or more years**. The focus of the group will be on improving patients' quality of life through providing therapeutic engagement and support, rather than a targeted approach to eliminate eating disorder symptoms.

The program is designed for people who:

- Are 18 years old or older
- Have had Anorexia Nervosa for 7 or more years
- Are able to seek a GP/psychiatrist referral to the group and see their GP for ongoing physical check-ups for the duration of the program

The group will consist of a weekly three-hour session run on a Friday morning from 9:30am – 12:30pm, for a period of four weeks. The sessions will be run by an eating disorder-specialist clinical nurse consultant and psychologist within the RPA eating disorders ambulatory clinic. Patients will need to attend an assessment within the clinic prior to starting the group.

Start date: Friday 9th February 2018

Please note numbers are limited.

For more information, or to refer a patient to this group please contact:

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For referral information:

W: <http://cedd.org.au/?s=PBU+EDS&x=25&y=8>