

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: 31st January 11th April

Time: 10.00am – 12.00pm

14th February 9th May

28th February 23rd May

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

14th March 6th June

28th March 20th June

For more information or to register phone 8303 6660 or email
pace@centacare.org.au