

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:

22nd January

30th April

Time: 6.00 – 8.00pm

5th February

14th May

19th February

28th May

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

5th March

11th June

19th March

25th June

2nd April

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