



SUPPORTING YOU SUPPORTING THEM



**FREE
EATING
DISORDER
CARER
GROUP**

Are you Suffolk-based and caring for an adult with an eating disorder?

Wednesday's Child, a social enterprise dedicated to supporting anyone affected by an eating disorder, is delighted to launch a new 12-month online programme designed to offer insight, connection, practical advice and a safe, supportive space for carers of adult eating disorder sufferers in Suffolk.

Starting this autumn and comprising 12 monthly online sessions, the course will give carers a regular opportunity to explore a range of themes around the subject of supporting an adult in their recovery journey from an eating disorder, and the chance to share with others facing similar challenges.

Wednesday's Child

www.wednesdayschild.co.uk

Guest contributors will be joining the webinars to share their expertise, including:

- **Specialist eating disorder therapists, dietician and occupational therapist**
- **Family therapist**
- **Lived-experience panellists**
Parents and partners of adults who have fully recovered from these illnesses
- **Recovered sufferers**
- **Finance/benefits advisor**



All participants will receive a unique workbook of practical and reflective activities, as well as other resources designed to complement the monthly discussions.

The programme is fully funded (although donations to our work are hugely appreciated) and spaces are limited, so do **get in touch** as soon as possible if you require any further details.

[CLICK HERE TO BOOK YOUR PLACE](#)

DATES: Second Tuesday of each month, starting on 9th November 2021

LOCATION: Online

ELIGIBILITY: Suffolk residents supporting an adult with an eating disorder

COST: FREE

Funded by Suffolk Community Foundation



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