

Family and Carers Support Group Eating Disorders Unit

Are you caring for a loved one with an eating disorder?

Nightingale Hospital invites you to attend a free support group facilitated by staff on the Eating Disorders Unit (EDU)

Dates

September	
Monday 17th September	How to be an Effective Carer
October	
Monday 1st October	How to Understand What Your Loved One Needs
Monday 15th October	Eating Disorders: A Medical Perspective (Dr Murphy-Consultant Psychiatrist)
Monday 29th October	How to Manage Food (Jasmine Challis-Dietician)
November	
Monday 12th November	How to Communicate Well with Your Loved One
Monday 26th November	Practical Skills for Managing Distress
December	
Monday 10th December	Dealing with Difficult Behaviours
Monday 17th December	Moving Towards Recovery

Description

Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. These support groups provide a space where you can share your experiences, thoughts, successes and problems with others in similar situations. In addition, the support groups are designed to provide education and help you develop self-reflective skills, in order to role model confidence, compassion and the courage to take risks.

Additional Details

This group is open to carers of all EDU inpatients and day patients. It is also open to carers of outpatients who are seeking treatment for an eating disorder. You are able to join the support group at any point but recommend that you attend as many sessions as possible in order to get the most out of the groups.

The support groups are taking place at **Nightingale Hospital (Room B14)**
11-19 Lisson Grove, London NW1 6SH
From **18.30 to 20:00** on **Monday**

If you would like to come to any of these sessions please contact Jenna Rogers
020 7535 7927 or Jenna.Rogers@nightingalehospital.co.uk