



NIWE Eating Distress Service

Friends & Family Support Group

Do you have a loved one who has an eating disorder/eating distress?

Would you welcome the opportunity to get together with people with similar experiences and challenges?

Please come to our support group.

There will also be information and advice on a range of issues:

Looking after yourself - 1st April 2019

Motivating change - 13th May 2019

Recovery- 3rd June 2019

These sessions are free of charge

What: A support group

When: First Monday of each month

Who: Friends & Family looking after someone with an eating disorder

Time: 5pm - 7pm

Where: NIWE Eating Distress Service
The Old Post Office
5 Pink Lane
Newcastle upon Tyne NE1 5DW

How To Book

Contact NIWE asap*

Tel: 0191 221 0233 or

Email: enquiries@niwe.org.uk

* Please note places are limited so booking is essential.