

# TOOWOOMBA

four-day group program

## FOR THOSE LIVING WITH AN EATING DISORDER

- reduce experiences of isolation, shame and misinformation surrounding an eating issue
- receive support and understanding
- explore personal issues that contribute to your eating issues
- explore and reconnect with your sense of self
- gain valuable insight into your own and others' experiences
- enhance your ability to seek support that will help you further in the process of recovery from an eating issue
- a separate skills-based workshop for carers, friends and family

8th, 9th, 15th, 16th of  
February 2019

**APPLY NOW!**

p: 07 3844 6055  
e: [admin@edq.org.au](mailto:admin@edq.org.au)

Open to those aged 16 and over of all genders

