



A PARENT'S GUIDE TO EATING DISORDERS

This session is an introduction to eating disorders and is for adolescents, adults and/or parents looking to better understand eating disorders and how to support young people experiencing eating disorders.

Eating disorders are complex and chronic illnesses that can require expert medical and psychological treatment. Some of the most common eating disorders include anorexia nervosa, bulimia nervosa, and binge eating. Another type of disorder under examination is extreme exercise to control weight.

In this one hour session you will learn:

What is an Eating Disorder? What are the different types of Eating Disorders?
How to identify disordered eating, and how to support someone with an Eating Disorder.

> REGISTER NOW



Date: Tuesday 19 October 2021

Time: 7 PM - 8 PM

Presenter: Psychologist, Anushka Phal

Location: online

Cost: \$50 pp

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