



NIWE Eating Distress Service

Friends & Family Support Group 2020

Our Support Group offers an opportunity for people who care about someone who is experiencing an eating disorder to come together to offer each other support.

Guest facilitators will deliver a range of activities to aid your well-being.

Role of a Carer - 13th January

Resilience & Self-esteem - 3rd February

Drumming - 2nd March

Have a Word, Be Heard - 6th April

Survivors Story - 11th May

Relaxation - 1st June

What: A support group

When: Mondays once a 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

How To Book

Contact NIWE

Tel: 0191 221 0233 (OR)

Email: enquiries@niwe.org.uk

www.niwe.org.uk

*Please note places are limited so booking is essential.