

## SUPPORT GROUP LOCATION

Please note, that as of the beginning of 2008, the EDFV support group location has changed to:

The Uniting Centre  
54 Serrell Street  
Malvern East 3145  
Melways ref: 68 K2

### Public Transport

Public transport is within 10 - 15 minutes easy walk from the Uniting Centre.

The nearest **train** stations include:

- Malvern East (Glen Waverley line)
- Carnegie (Pakenham & Cranbourne line)

The nearest **tram** stop is the Waverley Road terminus of tram number 3 to/from Melbourne University.

### Costs

Although all EDFV support services are free, a contribution of \$3 to cover venue hire and refreshments would be gratefully received.

### Who runs the group?

All EDFV support groups are run by trained EDFV volunteers with an interest in and a desire to help those affected by eating disorders. All group convenors have undergone EDFV training and have professional qualifications and experience relevant to running such groups and/or personal experience with eating disorders.

## EDFV SERVICES

- Telephone and email helpline
- Specialist Support Officers providing support for both the person suffering from the eating disorder and their family, friends and partners
- Support groups - metropolitan and regional
- Internet Chat Room and Messageboard for people experiencing an eating disorder
- Specialist Education Officer providing training and outreach
- Bi-monthly members' newsletter
- Online resources downloadable from website
- Library of books, DVDs and videos
- Community education program creating awareness in the community

All EDFV support services are free and confidential.

If you would like to make a tax deductible donation, forms are available from EDFV reception or you can donate online at [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au).

### Contact the EDFV

Helpline: (03) 9885 0318 — metropolitan  
1300 550 236 — non-metro

General: (03) 9885 6563

Write to: EDFV  
1513 High Street  
Glen Iris, Victoria 3146

Email: [help@eatingdisorders.org.au](mailto:help@eatingdisorders.org.au)

ABN 24 010 832 192  
Reg. No. A0022880J

## RECOVERY SUPPORT GROUPS

Responding to the needs of individuals affected by an eating disorder

**Eating Disorders Foundation of Victoria**  
1513 High Street, Glen Iris, Victoria 3146

Help/Support/Information  
(03) 9885 0318/1300 550 236  
[help@eatingdisorders.org.au](mailto:help@eatingdisorders.org.au)  
[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

The Eating Disorders Foundation of Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

We connect those whose lives are affected by eating disorders with the people, services and hope they need for recovery.

The EDFV provides a wide range of support services to people experiencing an eating disorder, their families, friends and partners.

The EDFV acknowledges that the needs of a person with an eating disorder and those of their family members, friends and partners are as individual as the people themselves.

The EDFV has specialist support officers and support groups that provide support services for both the person suffering from the eating disorder and their family, friends and partners.

The EDFV support services are free and confidential.

## DATES FOR RECOVERY SUPPORT GROUPS 2008

Support Groups run from 7.15 pm (sharp) - 8.45 pm

Feb 4th, 18th	Aug 4th, 18th
March 3rd, 17th	Sept 1st, 15th
April 7th, 21st	Oct 6th, 20th
May 5th, 19th	Nov 3rd, 17th
June 2nd, 16th	Dec 1st, 15th
July 7th, 21st	

### Eligibility

The Recovery Support Group is for people with an eating disorder who have already taken the first steps towards recovery.

The group is not suitable for current hospital in-patients, people whose physical health is severely compromised due to their eating disorders, or persons equally medically or emotionally unwell. In addition, participants should not be under the influence of alcohol or drugs. For their own safety and for the wellbeing of all participants, these people will not be admitted to meetings.

Participants are expected to be emotionally and mentally well enough to travel to and from meetings without support, sit through a 1.5 hour group meeting, cognitively understand and emotionally cope with group discussion about eating disorders. Active participation is recommended but is optional.

If you are unsure whether you are ready for group interaction, we recommend you contact the EDFV helpline on 03 9885 0318 or 1300 550 236 to discuss your situation or to find out about alternative sources of support.

## DATES FOR COMBINED SUPPORT GROUPS 2008

(for people recovering from an eating disorder and /or family and friends)  
Support Groups run from 7.15 pm (sharp) - 8.45 pm

March 31st  
May 26th  
July 28th  
September 29th  
November 24th

Combined Support Groups are open to people recovering from an eating disorder and family and friends of people with eating disorders. You are not required to bring anyone along to these groups and can attend alone.

## FREQUENTLY ASKED QUESTIONS

### What is a support group?

A support group is a place where people who have common needs or problems come together and draw upon the support, resources and skills of each other for the benefit of all.

### What do people talk about at the group?

People discuss general themes and experiences regarding recovery. This may include talking about their personal experiences, ideas and strategies for coping with the impact of an eating disorder and related difficulties in their lives. The underlying purpose of the EDFV groups is to support and promote recovery. The group processes are geared to promote attitudes and feelings of understanding, acceptance, honesty and positive regard.

Within this environment, trust, hope and courage are rediscovered by many members, enabling them to take charge of their journey to recovery and try a range of self-help strategies and professional treatments that previously seemed too difficult to face.

### How often can I attend a group?

You may attend a support group as often as you like. Some people attend regularly and others may come along once or twice. It is important to remember that although you may like to attend the groups regularly, there may be times when you may not feel well enough to attend (see eligibility requirements). At these times you can always take a break from the group and return when you are able to.

### Do I have to come if my counsellor or family or friend want me to but I'm not keen on the idea?

This is often a difficult decision to make as you don't want to disappoint or upset others. It is important to remember that recovery takes time and you need to do things when they feel right for you.

### Is the group for people with all types of eating disorders?

Yes, people with any type of eating disorder may attend.

### Are there any restrictions?

We aim to be non-discriminatory and as inclusive as possible at all meetings. Groups are open to males and females however, a minimum age limit of 18 years applies. Please also see Eligibility Requirements.