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## **2010 Frankston Eating Disorder Support Group Information for health professionals and interested participants**

### **Eating Disorders Support Group in Frankston**

Williams Road Family Therapy Centre and Eating Disorders Victoria will be running a small support group in Frankston during 2010 for women and men who are currently, or have been, treated for an eating disorder. The group aims to improve the quality of life for those who attend by providing the opportunity to relax and recharge in a safe environment and to support each other to deal with day-to-day life issues.

### **Benefits of support groups**

Support groups provide an opportunity for information sharing, increased understanding and mutual support. They allow people to exchange experiences and emotions and to consolidate progress in a safe and supportive environment. It is not therapy but rather an opportunity to receive and provide support to others, and to explore ways to build a sense of well being and hope while navigating some common experiences associated with living with an eating disorder. Benefits reported by participants include feeling understood, having a safe space to share, discovering new coping strategies, and sharing with people who may be experiencing similar challenges and triumphs.

### **How the group will run**

From Wednesday 14<sup>th</sup> April, the group will initially meet weekly for a month, then fortnightly from 7.00-8.30pm at the Frankston Library until its conclusion in November. It is expected that there will be 8-10 group members and two conveners for the duration of the group. Attendance is free; however a gold coin donation is encouraged.

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### **Are you interested?**

Suitable participants include males or females who are, or have been, treated by healthcare professional/s for an eating disorder. This group is not appropriate for those who are in the early stages and unsure of their diagnosis, and this group is not a substitute for treatment. Group members are asked initially to commit to four weekly sessions before deciding whether to stay with the then fortnightly group for the remainder of 2010. Group members will also be asked to participate in two interviews with persons external to the group to provide feedback and to ascertain the helpfulness of the support group.

### **Who will be running the group?**

The group will be convened by Sabina Read and Margie Fry who are both Provisional Psychologists and post-graduate students who have been trained by the Eating Disorders Foundation of Victoria and are undergoing an intern program at Williams Road Family Therapy Centre.

### **Interested? Want to know more?**

Contact Margie or Sabina through Williams Road Family Therapy Clinic with any questions and to arrange a meeting if you are interested in joining the group. We will be meeting with everyone individually before the group begins.

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