

EATING DISORDERS VICTORIA

Alumni Participant Group (APG) All sessions meet 5.30pm till 7pm at EDV Abbotsford. The APG is based on providing ED recovery support through engagement in practical selfcare and recovery focused activities.

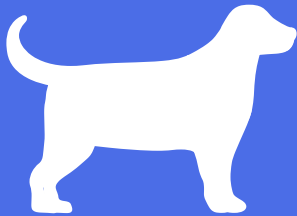
SESSION OUTLINE

FEB – DEC 2020

Feb: 11/2/20 Recovery Art & goal setting

Mar: 10/3/20 Restorative Yoga

April: 14/4/20 Sensory Objects & Self Care



May: 12/5/20

Cooking in the kitchen

June: 09/6/20

Bring along a pet & goal reviews/ setting

July: 14/7/20

Book Club

Aug: 11/8/20

Recovery Story Writing

Sept: 08/9/20 Restaurant Outing

Oct: 13/10/20 Presentation by Recovery Ambassadors

Nov: 10/11/20 Making Essential Oils

Dec: 08/12/20 Christmas Craft and goal reviews



Please note: APG is for participants who have been involved in EDVs Peer Mentoring Program.