

Caring for a loved one with an eating disorder?

Free workshops 2024



Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. Many carers feel they are drowning – they have tried everything and don't know where to turn.

The Charlie Waller Trust has trained facilitators to be able to deliver workshops to parents and carers who are supporting a loved one with an eating disorder, using the New Maudsley Method. Learn vital tools to best support your loved one.



- When:** Wednesdays from 7-9pm
17 Jan, 24 Jan, 31 Jan, 7 Feb & 6 Mar
participants need to be able to attend all 5 workshops
- Where:** The Old Bank Wellbeing Trust
23 & 25 Brassey Avenue, Eastbourne BN22 9NH
- Cost:** Free of charge (donations to The Charlie Waller Trust)
- To book:** E: info@theoldbankwellbeing.org.uk | T: 01323 502827
Quote Ref: CH001

Working together

