

CARING FOR LOVED ONES WITH AN EATING DISORDER 2026



WORKSHOP IN HAMPDEN PARK, EASTBOURNE

Learn vital tools to support your loved one including: dealing with challenging behaviour, specialised communication skills, avoiding traps that may maintain the disorder, and supporting recovery.

**SESSIONS 1 & 2:
SATURDAY 7TH NOVEMBER**

**SESSIONS 3 & 4:
SATURDAY 14TH NOVEMBER**

**SESSION 5:
SATURDAY 21ST NOVEMBER**

£20

payable to The Sam
West Foundation
(Charity No: 1177924)



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