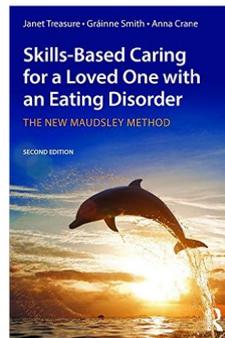




## Skills Workshops for anyone Caring for a Loved One with an Eating Disorder



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 next. We'll put on your oxygen mask and immerse yourself in these workshops based on the New Maudsley approach which has helped so many families to navigate their way through a seemingly impossible task. These workshops are full of practical tips, real life scenarios and case studies and are designed to help carers develop self-reflective skills in order to role model confidence, compassion and courage to take risks, and on how to experiment with changing their own behaviour so they can be more helpful to their Loved One. Ideally carers will attend all five three hour workshops in the series.

Regular carer workshops are delivered by Jenny Langley in Sevenoaks Kent. For further details see [www.eda-westkent.org.uk](http://www.eda-westkent.org.uk) , [jenny@eda-westkent.org.uk](mailto:jenny@eda-westkent.org.uk) or 07887 840470

**Dates and Venue for Autumn Term 2019**  
6 Granville Road, Sevenoaks, TN13 1ER

**Friday September 20th from 9.30am to 4.30pm for workshops 1&2, Friday  
October 4th from 9.30am to 4.30pm for workshops 3&4 and Saturday  
November 16th from 9.30am to 12.30 pm for workshop 5.**