



PARENTS BUILDING SOLUTIONS FINDING HOPE

PARENTING A YOUNG PERSON WITH AN EATING DISORDER

A FREE PARENTING GROUP presented by ParentZone in partnership with Pakenham Library

Parenting is never an easy job, but if your child has an eating disorder, it is even more complex.

- FACT: Parents are NOT responsible for their child developing an eating disorder.
- FACT: An eating disorder is not a choice, but a serious mental illness.
- Are you wondering what you can do to support your young person with an eating disorder?
- Do you worry about the impact of the eating disorder on other family members?
- Would you like to meet other parents who are experiencing similar challenges?

"Having conversations about eating disorders can be challenging and uncomfortable...but by having them, we can educate, challenge myths and increase understanding."

(MacDougall, (2020) Eating Disorders and Other Shadowy Companions, Booklet p. 19)

PARENT**ZONE**



Casey
Cardinia
Libraries

DATE: THURSDAYS, 28th July - 1st September

TIME: 5.00 - 7.00 p.m.
Tea, coffee and a light supper will be provided

WHERE: Pakenham Library, cnr John & Henry Streets, Pakenham

Bookings are essential
Please register using the
QR code or contact:



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