



Centacare

Peer-led Eating Disorder Support Groups

*The PACE Service is excited to announce the launch of
personal recovery support groups...*

The PACE Service are facilitating peer-led support groups for those aged 18+ who may be experiencing an eating disorder or disordered eating, body images concerns and/or unhelpful relationships with food.

Over 10 sessions, the peer-led support group will focus on personal recovery. In PACE we understand recovery is unique to everyone but also acknowledge that some experiences may be similar. A PACE peer-led support group aims to provide an understanding, safe and respectful space with like-minded people to connect, support, share and participate in recovery-orientated sessions to foster and support recovery.

If you would like to participate in a PACE Peer-led Eating Disorder Support Group, please register your interest today!

Common benefits to participating in peer support groups are:

- Feeling less isolated
- Expanding social network
- Receiving emotional support
- Receiving practical support
- Gaining insight from peers about strategies for personal growth
- Gain a greater sense of control
- Mutual aid and develop purpose in recovery for self and others
- Building/rebuilding trust in others
- Engaging in meaningful activity
- Hope for recovery
- Help to develop a new (non-eating disorder) identity

WHEN: Every Wednesday x 10
Commencing: 22nd February 2023
Ending: 26th April 2023

WHERE: 78-80 St Vincent St Port
Adelaide SA 5015

TIME: 5:30 – 7:30pm

BOOKINGS: Please contact the
PACE team to register your
interest on (08) 8303 6660 or
email pace@centacare.org.au