



Coastal West Sussex Eating Disorders Peer Support Service

The group is available to:-

Any woman over the age of 18, living within the West Sussex area and affected by eating disorders and problem eating

Eating disorders include anorexia (nervosa), bulimia (nervosa), binge eating, compulsive eating and other eating problems that don't fit so easily into these categories (e.g Eating disorder not otherwise specified). Those with body image, overweight and/or obesity issues are welcome to attend

What the group will offer:

A safe and welcoming environment where sufferers can share and discuss their experience. Monthly meetings with other sufferers offer and receive peer support.
Information and advice on eating disorders to enable better

The peer support group meeting will be held last **Wednesday** of each month, from 6.30pm to 8pm.

Venue: At Corner House, 45 Southwick Street, Southwick, BN42 4TH.

Next dates: January 31st, February 28th, March 28th, April 25th, May 30th 2018

Those wishing to attend are welcome to be part of the Peer Support group whether or not they are currently receiving support such as counselling or other therapies.

For more info contact Laura at laura@laurahovecounselling.co.uk or Nicky on 07952 754 859 or info@asyouarecentre.co.uk