



NIWE Eating Distress Service

HOPE GROUP

Happiness, Openness, Positivity, Esteem

Dates	Activity
7 th September 2017	SINGING
5 th October 2017	SELF ESTEEM & FEELING GOOD
2 nd November 2017	POSITIVE STORIES OF HOPE
7 th December 2017	COPING WITH CHRISTMAS
4 th January 2018	MINDFULNESS
8 th February 2018	GRATITUDE DIARY
1 st March 2018	STRESS MANAGEMENT

What: An empowering group which promotes HOPE

When: First Thursday of each month

Who: Women 16+ with Eating Distress

Time: 5:30pm - 7:30pm

Where: NIWE Eating Distress Service
The Old Post Office,
5 Pink Lane,
Newcastle upon Tyne

How To Book

Contact **Maria Lavelle**

Tel: 0191 221 0233 (OR)

Email: maria.lavelle@niwe.org.uk

www.niwe.org.uk