

NIWE Eating Distress Service

Friends & Family Support Group 2019

Our Support Group offers an opportunity for people who care about someone who is experiencing an eating disorder to come together to offer each other support. We will also have guest facilitators who will offer information and guidance on a range of issues or activities to help you relax.

Silk Painting - 1st July

Relaxation - 5th August

Behaviour change - 2nd September

Improving self-esteem - 7th October

Creative Writing - 4th November

Mindfulness - 2nd December

What: A support group

When: First Monday of each month

Who: Friends & Family looking after someone with an eating disorder

Time: 5pm - 7pm

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

How To Book

Contact NIWE

Tel: 0191 221 0233 (OR)

Email: enquiries@niwe.org.uk