



**H** appiness  
**O** penness  
**P** ositivity  
**E** steem

**HOPE** is a safe, supportive and empowering group for women aged 16+ living with eating distress.

## Would you like to:

- Increase your confidence and self-esteem?
- Have time and space away from the day to day pressures?
- Take part in creative activities?
- Spend time with people with a shared experience?
- Be more hopeful about your future?

**Location:** NIWE Eating Distress Service

**Dates:** Runs on the first Thursday on the month

**Time:** 5:30pm – 7:30pm

**Each month offers a different activity or topic**

\*Please note this group is a supportive non-therapeutic group

If you would like more information or to attend this group please contact:

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**niwe**  
eating distress service

[www.niwe.org.uk](http://www.niwe.org.uk)