

Womens Health & Family Services offer a range of services to assist women with eating disorders. We also offer various workshops to create a better understanding of the issues women face with body image and self esteem.

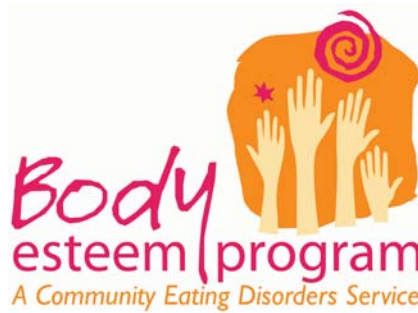
### Dietitian and Counselling

Womens Health & Family Services provide a dietitian and counselling to assist women who may be at risk of developing an eating disorder. If further services are required we have an internal referral system and a specialist team of professionals and peer support workers that can assist your needs.

### Training and Education Workshops – Eating Disorders, Body Image, Self Esteem

We offer training and education workshops on request to community organisations, education and school groups, private corporations and other interested parties so please contact us to discuss your needs.

For more information, please phone **6330 5400** or email **bookings@whfs.org.au** or visit our website **www.whfs.org.au**



### Body Esteem Program (BEP)

A 20 week program to support women who experience eating disorders. This program aims to assist women make informed decisions about their health and well-being in order to make and sustain positive change. Groups are facilitated by women who have recovered from an eating disorder themselves. They will share their own stories of having an eating disorder and offer support based upon their own experience of recovery. All group facilitators receive ongoing training and professional supervision in their work.

This Self-help group:

- You can set your own goals, take responsibility for learning and make changes at your own pace.
- You will be supported and guided by the facilitators and the structure of the group.
- The group is a place where you can talk about your eating disorder with others who can understand and empathise with you.

### What is Involved?

- For women 18 years and over
- Meets once a week for 2.5 hours each time (20 weeks)
- Once a group commences no new participants can join
- For women who experience Anorexia or Bulimia Nervosa. We run a second group for women who experience Binge Eating Disorder
- All participants are required to access individual therapy in addition to the groups
- There is an upfront fee for the 20 week program.

For more information, please phone **9300 1566** or email **BEP@whfs.org.au** or visit our website **www.whfs.org.au**

### Supporting, Parents Carers and Partners (PESP)

This program offers Parent/Partner Education and Support Program (PESP) for parents/carers, partners, family members and friends who have a loved one with an eating disorder.

Aims of the program

- Provide information about the nature of an eating disorder and of recovery, in order to help people gain a deeper understanding of what their loved one may be experiencing
- Acknowledge and strengthen family communications and to provide an opportunity for people to learn strategies to take care of themselves.

“ It’s been enjoyable and difficult and confronting and enlightening. It’s been a safe place to come and be me ”

“ A life-changing, life-saving experience ”

“ It is helpful to realise that we as parents are not alone and it was good to share our situation with others in the same boat ”

## Is the Body Esteem self-help group for you?

### Do you...

- Think about food and eating the whole day long?
- Feel you are not allowed to eat?
- Feel guilty after you eat something?
- Regularly binge on food?
- Make yourself sick?
- Use laxatives or diet pills?
- Always feel the need to exercise?
- Let the scales determine your mood?
- Find it hard to accept your body?

Many women who answer "yes" to these questions also feel they can't talk about their concerns with others because they...

- Feel ashamed
- Think that they don't look like the stereotype of someone with an eating disorder
- Are afraid no-one will understand them
- Think they are over-reacting
- Believe they do not really have an eating disorder
- Believe they need to figure it out on their own

**If you answered yes to many of these questions, the Body Esteem program may be able to offer support.**

The Body Esteem program is supported by



Government of Western Australia  
Mental Health Commission



### JOONDALUP

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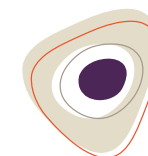


womens health  
& family services

ABN 81 007 269 571

Womens Health & Family Services (WHFS) is a not-for-profit service for women and their families in Western Australia.

# Eating Disorders and Body Image



womens health  
& family services

Supporting and empowering women,  
families and communities

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[www.whfs.org.au](http://www.whfs.org.au)