

# For Women Living with Binge Eating Disorder

The Body Esteem Program (BEP) offers support for women experiencing an eating disorder

## ***Is this the right group for you? Do you...***

- Constantly think about food and eating?
- Feel guilty after you eat something?
- Regularly binge on food?
- 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 or 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.

***The BEP self-help group offers a safe place where you can talk about your eating disorder.***

**Date:** 19th July 2018 - 6th December 2018  
**Venue:** Womens Health & Family Services, 227 Newcastle St, Northbridge  
**Time:** 6.30pm-9.00pm  
**Cost:** \$350 for 20 week program (2.5 hours per week)

To register or for more information phone  
Womens Health & Family Services  
9300 1566 or email: [BEP@whfs.org.au](mailto:BEP@whfs.org.au)