



# For Women Living with Anorexia or Bulimia Nervosa

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 restrict or 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 don't fit the stereotypical image of a person suffering from an Eating Disorder.
- Are afraid of changing their behaviours.

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

**Date:** 9th October 2018 - 5th March 2019 (2 week break over Christmas)  
**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 on 9300 1566 or email: [BEP@whfs.org.au](mailto:BEP@whfs.org.au)

Follow us on  Body Esteem Program  
 @bodyesteemprogram



The Body Esteem Program is supported by:



Government of Western Australia  
Mental Health Commission