

# 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 afraid no one will understand them.
- Think they are over-reacting.
- Believe they don’t fit the stereotypical image of a person experiencing 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:** Wednesday, 14th October 2020 (commencement) for 20 weeks  
**Venue:** Womens Health & Family Services, 227 Newcastle Street, Northbridge  
**Time:** 5.45pm to 8.15pm  
**Cost:** \$350 for 20 week program

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