

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 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: October 13th 2021 (commencement) for 20 weeks

Venue: Womens Health & Family Services, 227 Newcastle Street, Northbridge

Time: 10:00am—12:30pm

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

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