

# Supporting a Person with an Eating Disorder

*The Parent/Partner Education and Support Program (PESP)*  
is for family members, partners/carers or friends who have a  
loved one with an eating disorder.

- Are you at a loss to understand the experiences of your family member, partner or friend who is experiencing an eating disorder?
- Do you experience guilt? Are you feeling confused, scared, worried or angry?
- Is it difficult to know where to look for help?

***The Parent/Partner Education and Support Program (PESP) aims to:-***

- 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 for self-care.

***Hear from women who have recovered from an eating disorder themselves.  
Gain resources that will assist you to support the recovery process.***

**Date:** Saturday, 5th November 2022

**Venue:** Suite 6, Joondalup Lotteries House, 70 Davidson Terrace, Joondalup

**Time:** 9:30am-4:00pm - Lunch Provided

**Cost:** \$75 each or \$100 per couple

Friends/family members of those attending the current  
BEP groups may attend for **FREE**  
(Valid for 1 person, \$25 each additional person)

**REGISTRATION  
IS ESSENTIAL**

To register or for more information phone:  
Womens Health & Family Services  
6330 5400 or email: [BEP@whfs.org.au](mailto:BEP@whfs.org.au)