

# 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:** 2023 start dates to be confirmed

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

**Time:** 5.45pm —8.15pm (TBC)

**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)

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