

Collaborative Care Skills Workshop (CCSW)

Are you supporting someone with an eating disorder?



Collaborative Care Skills Workshop is a six-week (plus follow-up) skills-based learning program involving six two-hour sessions for parents, siblings (16 years and over), partners, other family members and friends of a loved one with an eating disorder.

The program aims to assist you to:

- Manage your personal reactions to the eating disorder
- Learn more about eating disorders
- Understand how to provide a supportive and positive environment
- Meet and share experiences with other carers who have similar concerns
- Build vital skills for supporting your loved one through the recovery process.

Where: Zoom workshop

When: February 22nd for 6 weeks

Time: 6:00pm – 8:00pm

Cost: FREE

For more information or bookings, please contact:

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We encourage you to attend as many session as possible to get the most from the program.

This book is a good resource to read prior to attending the program.

