

Are you caring for someone with an eating disorder?

Free skills workshops for parents and carers

When someone you love has an eating disorder, it can be overwhelming, lonely and confusing.

Our free skills workshops can help.

Our workshops are based on the evidence-based New Maudsley Approach. Over five weeks, they will give you:

- Opportunities to connect with parents and carers facing similar challenges, in a confidential and non-judgemental space.
- A practical toolkit to help you come alongside and support your loved one.
- Skills to encourage your loved one develop resilience to think about and embark on change.
- Support to lower the stress and burden carers can face, and to look after your own needs.

"When I joined, I immediately felt I had found a safe place, filled with people who understood everything I said."

Find out more...



Find out more

Contact your local NMA trainer:

Email:

Working together

