

# Supporting Families In Mental Illness Taranaki

## Family Eating Disorder Support Group

*If you are going through a difficult and challenging time, coping with and caring for a loved one with an eating disorder **we are here** to provide you with support and information.*

Eating disorders cause an enormous stress on families as the person and the illness become the centre of the family. It can seriously affect relationships between siblings, parents, relatives and carers and can cause significant stress and tension in marriages. Extended family and friends may be unable to fully grasp the all-encompassing devastation an eating disorder has on normal family life. We offer a supportive, safe, non-judgmental and confidential environment where family members can come together and share with others who are experiencing similar situations. We aim to help you strengthen your ability to cope and to perhaps explore alternative ways of dealing with those challenging issues.

### **In the group we discuss:**

**Strengthening coping strategies**

**Empathy and understanding**

**Solutions for our challenges**

**Celebrating successes**

**Self care**

**Recommended reading**

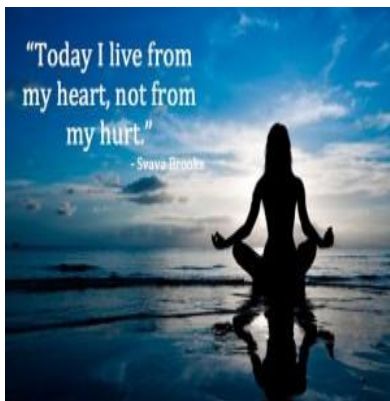
**HOPE**



“Replace fear-based thinking with love-based thinking...”  
Deepak Chopra

**Fortnightly on  
Wednesdays  
6:30pm—8pm  
SF Taranaki Office  
3rd Floor, Brougham  
House,  
Cnrn Devon St. West  
& Brougham Street.**

**2016 dates**  
April - 6 & 20  
May - 4 & 18  
June - 1, 15 & 29  
July - 13 & 27  
August - 10 & 24  
Sept - 7 & 21  
October - 5 & 19  
Nov - 2, 16 & 30  
December - 14



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