

Carer Connect

Supporting you to support your loved one

EDQ's definition of a 'carer' is anyone supporting an individual with an eating disorder; a parent, sibling, partner, best friend, grandparent, or other significant person in the individual's life.

Carers contribute a significant part in the recovery journey of a loved one with an eating disorder, this group is about:

- Support and encouragement
- A safe space to tell your story
- Skills building
- Information
- Self-Care- An opportunity for carers to fulfill their caring role, while maintaining their own health and wellbeing.

Each month will cover a different theme/ topic.

WHEN: Every second Wednesday of the month

WHERE: 89 Sherwood Road, Toowong

TIME: 6:30 pm-8:30 pm

COST: FREE

Please contact EDQ to register:



admin@edq.org.au



(07) 3844 6055



**eating disorders
carer help kit.**