



# strive

## BENDIGO

is here to help parents & carers of people with eating disorders

Eating Disorders Families Australia presents



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Support Teach Reassure Inform Validate Empower

for parents & carers of people with eating disorders

EDFA has been running a successful monthly support group for carers in Melbourne for 3 years & are bringing this concept to Bendigo so local parents & carers can meet, learn, feel supported & empowered to continue the battle to help their loved one through to recovery from these awful mental illnesses.

Commencing :  
**Wednesday 25th September, 2019**

Time : **6.30-8pm**

Place : **Bendigo Croquet Club**  
185-189 Barnard Street, Bendigo  
(next to Bendigo Bowls Club)

These meetings are both educational & a form of self-care. Please come along & help create a local support network in the Greater Bendigo region.

Join EDFA for **\$25** annual membership to attend  
or **\$10** per visit  
Gold coin donation for tea/coffee/facilities

**strive** carer support groups will be run by EDFA trained facilitators who have lived experience as carers. There is much to be gained by meeting others who truly understand what you are going through & in knowing you are not alone.



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## BENDIGO

Always the **4<sup>th</sup> Wednesday of the month**  
from **6.30pm - 8pm**  
at the **Bendigo Croquet Club**

25th September 2019

23rd October 2019

27th November 2019

No meeting December

22nd January 2020

26th February 2020

25th March 2020

22nd April 2020

27th May 2020

24th June 2020

22nd July 2020

26th August 2020

23rd September 2020

28th October 2020

25th November 2020

enquiries to  
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🌐 [www.edfa.org.au](http://www.edfa.org.au)

Following many requests to make our support group accessible to rural areas, EDFA is pleased to announce the launch of our new eating disorders parent/carer support group, **strive**

**Please share with those who may need support in the Greater Bendigo region.**