

Collaborative Care Skills Workshop

Skills Training for Carers and Supporters of Loved Ones with an Eating Disorder

A 2-day evidence-based program designed to help you:

- Understand and adapt your caring style
- Cope better as a carer
- Communicate with your loved one
- Manage difficult behaviour
- Understand the process of change
- Renew hope for recovery

When: Saturday 2nd November and Saturday 7th December, 2019

Time: 9.00am – 4.00pm

Where: 162 Macquarie St, Hobart (WOTSO Ground Floor)

Cost: \$50pp (Reduced fee available for people on low incomes)

Please note that this workshop is designed in such a way that attendance on both days is required to receive all information and skills.

Registrations are essential.

Ph: 0474 004 443

Email: caitlin.walker@thebutterflyfoundation.org.au

Butterfly National Helpline: 1800 33 4673
thebutterflyfoundation.org.au



Butterfly
Foundation for Eating Disorders