

# Recovery Support Group

## FOR EATING DISORDERS

**WHEN** First Monday of each month  
**TIME** 6pm – 7.30pm  
**WHERE** Online via ZOOM  
**FEE** Free

Recovery Support Groups for those experiencing an eating disorder are held once a month and provide opportunities for gaining information, insight, encouragement and support in a safe, confidential and non-judgemental environment.

### In the group you can:

- Discuss and share your lived experience
- Express your feelings
- Learn or share strategies for recovery

Butterfly's support groups are guided by professionally trained counsellors and are recovery focused to ensure your safety and well-being.

**To register or for more information**  
**Please contact Eating Disorders Coordinator**  
[georgina.taskunas@butterfly.org.au](mailto:georgina.taskunas@butterfly.org.au)

### Butterfly National Helpline

Free and confidential support  
8am – midnight (AEST) 7 days a week  
Phone 1800 33 4673

[butterfly.org.au](http://butterfly.org.au)

