

Family Services of the North Shore

Eating Disorder Support Group

For parents, partners and caregivers



“This illness has created so much chaos and fear in our family’s life...coming to the group really helped me gain some perspective on this extremely difficult and confusing illness.”

Group Member

Support is crucial for everyone involved with an eating disorder: This is a support group for parents and partners who deal with the challenges and struggles of having a family member with an eating disorder. Through this group you can:

- Share your experiences and ask questions in a supportive environment,
- Learn that you are not alone in this experience,
- Gain strength and wisdom from others who have “been there”; and
- Expand your knowledge of the supports and resources available to you.

Group Details

Dates: Meets every 2nd and 4th Monday of the Month.
Note: no meeting if Monday falls on a holiday.

Time: 7:00 p.m. – 8:30 p.m.

Location: Family Services of the North Shore

Cost: No fee

Facilitator

Shelley Hine M.A., R.C.C., counsels individuals and families at Family Services of the North Shore, and is also an on-site counselor at the “I hope family centre”, a drop-in family resource program for parents and children. Shelley has over 10 years of experience facilitating support groups.

To Register/For More Information

Call Vicki at 604-988-5281, ext. 202.

Family Services of the North Shore

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Caring for our community

