

Young People, Eating Disorders & Disordered Eating

Support for Parents/ Carers

ISPPC is delighted to deliver a FREE webinar to parent's/ carers on 'Young People, Eating Disorders & Disordered Eating – Support for Parents/ Carers' which takes place on Thursday the 19th of February at 7pm.

On the evening Kathy Downes, Support Services and Training Manager, with Bodywhys will give an overview of what an eating disorder is, and where it sits at the spectrum of potential disordered behaviours and thoughts in young people around food and body.

Kathy will look at how a person with an eating disorder experiences themselves and the world, and how we then must think about how to communicate with that person to be able to support them.

Key take aways on the night:

- Get an understanding of eating disorders, the difference between disordered eating and eating disorder.
- Insight into the mindset of the person/ risk factors
- What you might notice if you are feeling worried.
- How to think about food intake and body image at home
- What might be the next steps if you are concerned
- Communicating this and supporting the young person.
- Looking forward to seeing you on the night.

Date: *Thu, Feb 19*

Time: *7:00 PM – 8:00 PM*

Venue: *Online event*

FREE

Register Now!

ISPPC