

Body Esteem Youth Program (BE-YP)

**FOR PEOPLE AGED 16-20YRS, OF ALL GENDERS,
EXPERIENCING AN EATING DISORDER**

A free, 8-week, self-help group facilitated by people with a lived experience and subsequent recovery from an eating disorder

- For people experiencing Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding or Eating Disorder
- Follows a manualised program with activities and take-home tasks
- Explores ambivalence around recovery while developing hope and motivation to consider change
- Builds a positive sense of self, separate from the eating disorder
- Fosters connection to reduce isolation and shame
- Service available for Support people through the adjacent Youth Carer Program
- Free service



To apply or find out more information, contact the Luma Intake Team on 63305400 or email intake@luma.org.au

Youth Program 8-week group

Monday evenings

5:00pm — 7:00pm

22nd April — 17th
June 2024

luma.org.au

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Telephone: 6330 5400

Email: bep@luma.org.au

LUMA FOR HER HEALTH
AND WELLBEING