

Body Esteem Program (BEP) for Supports

FOR FAMILY, FRIENDS AND CARERS WHO HAVE A LOVED ONE WITH AN EATING DISORDER

A one-day workshop facilitated by BEP peer and carer peer workers with a lived experience, where you will:

- Learn about the complex nature of an eating disorder
- Increase your understanding of the 'eating disorder' experience
- Gain tools and knowledge to better support yourself and others
- Recognise your strengths as a support person
- Meet and connect with others who may be in a similar situation
- Gather information and resources about other services and support available



Cost is \$75 for 1x person, and \$25 for additional family members (16yrs+)

Free for those supporting someone engaged in one of our adult BEP programs

Free for those with a government Concession Card

To find out more information or to register your interest, contact the BEP team.



Parent/Partner Education and Support Program

Saturday, 29th March
2025

9:30am —4:00pm

Luma Joondalup
Suite 6, Joondalup Lotteries
House
70 Davidson Terrace,
Joondalup WA

luma.org.au

Telephone: 6330 5400

Email: BEP@luma.org.au

LUMA FOR HER HEALTH
AND WELLBEING