

In the group we discuss:

Strengthening coping strategies

Empathy and understanding

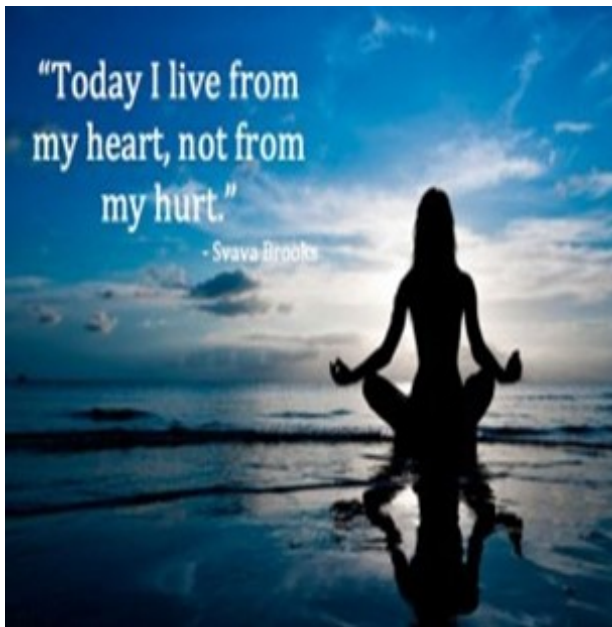
Solutions for our challenges

Celebrating successes

Self care

Recommended Reading

HOPE



128 Devon St East
PO Box 8291
NEW PLYMOUTH
Phone 06 757 9300

www.yellowbrickroad.org.nz/



“Replace fear-based thinking with love-based thinking...”

Deepak Chopra

**Yellow
Brick
Road**

Te Wahapūahoaho:
Supporting families
towards mental
wellbeing

Family Eating Disorder Support

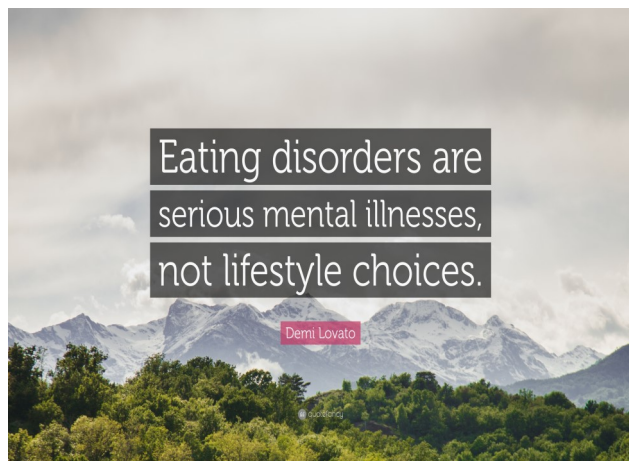


A support service for families who are going through a difficult and challenging time, coping with and caring for a loved one with an eating disorder

EATING DISORDERS

Eating disorders cause an enormous stress on families as the person and the illness become the centre of the family.

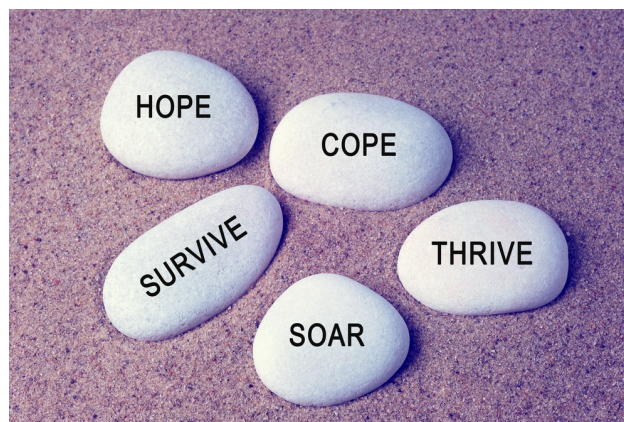
It can seriously affect relationships between siblings, parents, relatives and carers and can cause significant stress and tension in marriages.



Extended family and friends may be unable to fully grasp the all-encompassing devastation an eating disorder has on normal family life.

We offer a supportive, safe, non-judgmental and confidential environment where family members can come together and share with others who are experiencing similar situations.

We aim to help you strengthen your ability to cope and to perhaps explore alternative ways of dealing with those challenging issues.



1st & 3rd Wednesdays
of the month
7pm—8:30pm
Yellow Brick Road
Taranaki Office
128 Devon Street East

(Level 1 next door to the TSB)

Accessible entrance via Moller
Lane at the back of the
building off Gover Street

Natalie-Facilitator
Ph: 021 149 1138



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