



# UHN

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab

## EATING DISORDER RESEARCH STUDY

### Web vs. Workshop Education for Caregivers of Adults with Eating Disorders

#### WHO CAN TAKE PART

Parents, family members, or caregivers of someone 17 or older with an eating disorder

#### WHAT IS INVOLVED

Learn about and build skills to support someone with an eating disorder through a workshop or online educational program.

1. Workshops take place over two, seven hour days
2. Online education can be used whenever and wherever you have access to the internet and can be completed over a period of 8 weeks

#### WHAT DO I LEARN

Topics include: education about eating disorders and their effect on families, communication strategies, meal support skills, relapse prevention, and more

#### WHERE IS IT HELD

1. Workshops will be held at Toronto General Hospital
2. Online education can be completed wherever you have access to the internet

#### CONTACT US FOR MORE INFORMATION

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