

Eating Disorders Program

Seminar for Family Members/Significant Others

This seminar is intended for those supporting an individual suffering from an eating disorder, i.e., bulimia nervosa, anorexia nervosa or other specified eating disorder.

Learn about...

- Core features of eating disorders
- Factors influencing the development of eating disorders
- Types and stages of treatment
- Coping with and supporting recovery

Presenters:

Kristen Di Lullo, RD
Dr. Darcy Waisman, MD, FRCP(C)
Anita Pudlik, MA, MSW, RSW

Date: October 19, 2019

Time: 9:00 a.m. - 4:00 p.m.

Registration: 8:30 a.m. to 9:00 a.m.

Location: Trillium Health Partners
Credit Valley Hospital Site
PRCC 1 and 2 (1st floor/lower level)
2200 Eglinton Ave
Mississauga, Ontario

To register: Contact **Barbara Ferreira** at the Eating Disorders Program at
(905) 813-4505 or **Fax # 905 813-2276**

Registration is limited.

Family Psychoeducation Group

Purpose:

The group is intended for family members of individuals suffering from bulimia nervosa, anorexia nervosa, or other specified eating disorder. The program is designed to provide information on the nature of eating disorders and to offer suggestions on how to cope more effectively with the behavioral and emotional issues that arise in family relationships. The group does not address individual family dynamics in detail, but rather, provides information in general terms.

Who Can Participate?

Those eligible to participate include parents, siblings (age 16 and over), partners/spouses, boyfriends/girlfriends, relatives and, where relevant, close friends of individuals with the eating disorders. **Individuals with eating disorders are not eligible to participate in this seminar.** Significant others may participate regardless of whether the individual with the eating disorder is receiving treatment and regardless of that individual's age. On occasion, a limited number of professionals may be present to observe the group for ongoing professional development. Group facilitators will introduce observers at the beginning of the day. Observers will be required to adhere to the practice of confidentiality.

Format:

The program consists of a full day session from 9:00 am to 4:00 pm, typically, on a Saturday. The format will be both educational and supportive.

Content:

The morning session, focuses on diagnosis, epidemiology, physical and psychological complications, the multi-determined nature of eating disorders, the regulation of body weight, and the non-dieting approach. The afternoon session, focuses more specifically on family issues, reviews the psychological functions of eating disorders, family factors influencing the development and maintenance of eating disorders, coping with difficult emotions, general and practical strategies for supporting recovery, and an overview of treatment.

To register or to request further information please call:
Barbara Ferreira at **905-813-4505**

EATING DISORDERS PROGRAM - FAMILY PSYCHOEDUCATION DAY

OCTOBER 19, 2019

REGISTRATION FORM

NAME:

ADDRESS:

CITY:

POSTAL CODE

PHONE #:

CELL #:

DATE OF BIRTH:

EMAIL ADDRESS:

Please fax or mail this completed form to Barbara Ferreira:

Mail: Eating Disorders Program, Credit Valley Hospital, 2200 Eglinton Avenue West,
Mississauga, ON L5M 2N1
OR

FAX: 905-813-2276