

Exploring Eating Distress & Recovery

Date: Tuesday 22 October 2024
Time: 10:00pm – 2:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

In this introductory course, students will acquire skills to support recovery; knowledge about different approaches to recovery and challenge stereotypes and misconceptions about eating distress.

Learning Outcomes *Students will*

- * Develop skills to support recovery from eating distress
- * Gain knowledge about different approaches to recovery from eating distress
- * Explore their attitudes toward eating distress, stereotypes about 'eating disorders' and what recovery from eating distress means.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



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For more information
please contact the
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College Team

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