

Online Meal Support Group

with Vera Keatley



In an effort to support our clients navigate eating disorder recovery in the midst of the additional challenges posed by COVID-19, CFIH is offering online meal support for eligible clients.

Join Vera, psychologist, to share your morning tea or afternoon tea twice a week in CFIH's cosy virtual café.

Eating regularly is pivotal to recovery from an eating disorder. However, the nature of the illness is that it often tells those with it that snacks are unnecessary and/or undeserved. The challenges of recovery are intensified for many by the challenges imposed by the pandemic.

Let's come together and empower one another to rise up and overcome the eating disorder together!

Cost \$35 per session

(reduced fees may apply for eligible clients, for more information please email info@cfih.com.au).

When **Tuesday: 3-3:40pm & Thursday: 10-10:40am**

Where **via video conference**

Register cfih.com.au/product-category/events-for-clients

Group overview:

- In the safety of an encouraging and containing space, you will be supported to have the snack prescribed by your dietitian.
- You will support and be supported by one another under the gentle umbrella of highly experienced Psychologist, Vera.
- You will learn and practice skills aimed at managing difficult thoughts, emotions and physical feelings.
- You will engage in a post-meal reflection and debrief to consolidate learnings.

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