



Eating Disorders Families Australia

# CARERS FOR CARERS

We support, educate and empower families affected by an eating disorder

EDFA is a national not-for-profit organisation run by carers for carers, providing support and education for parents, partners, families, siblings and caregivers. EDFA believes parents and carers have a vital role to play in their loved ones' recovery, and as part of the treatment team.



strive Program



Education Webinars



Research



Membership

# strive

Support Teach Reassure Inform Validate Empower

## Support for Parents, Partners, Carers & Siblings

**strive** Australia Carer Support private daily forum

**strive** Support Groups for members in every state and territory

**strive** Carer Support Groups - all eating disorders

**strive** ARFID Carer Support Group

**strive** Bulimia Carer Support Group

**strive** Binge Eating Carer Support Group

**strive**4Men Carer Support Group

**Siblings** Support Group facilitated by adult siblings and educators with lived experience

### EDFA MEMBERSHIP

Member-only access to all our Support Groups, Education Webinars, Member-only resources and recommendations, lived experience peer support and more.

Your annual Family Membership is just \$25 and helps fund our programs and services, as well as giving EDFA strength as an organisation to represent the voice of carers.

### EDUCATION

#### Parent and Carer Education

Twice-monthly live webinars with Q&A and a library of educational recordings.

#### Clinician Education

EDFA delivers Temperament Based Therapy with Supports (TBT-S) training and education nationally via US expert Clinicians.

### RESEARCH

EDFA's Research Committee is comprised of leading eating disorder researchers from some of Australia's top universities.

**YOU ARE NOT ALONE**  
#noshamenoblame

### HOW TO REACH OUT?

✉ [admin@edfa.org.au](mailto:admin@edfa.org.au)

🌐 [edfa.org.au](http://edfa.org.au)

📷 [edfaustralia](https://www.instagram.com/edfaustralia)

📘 [@edfaustralia](https://www.facebook.com/edfaustralia) (public page)

📘 [@edfaustralia](https://www.facebook.com/edfaustralia) (private forum)

**>1 MILLION**  
**AUSTRALIANS WITH AN**  
**EATING DISORDER**

= Over four million Australians affected...because we know the whole family is impacted by an eating disorder diagnosis.