

Nourish Nurture Notice

Drop-in Session Group Guidelines

By joining a drop-in session, carers agree to follow the below group guidelines.

Welcome to Our Drop-in Session

We acknowledge the Traditional Custodians of the land on which we meet and pay our respects to Elders past and present. We recognise and celebrate the diversity of Aboriginal peoples and their ongoing connection to lands and waters across Australia.

Participation and Confidentiality

- Use your full name and ensure your face is visible upon entry for verification.
- No recordings or screenshots of the meeting.
- Use headphones if others are in the background to protect privacy.
- Personal information shared by others must remain confidential. Tips, strategies, and resources can be shared, but without linking them to any individual.

Group Safety and Respect

- We are a supportive space for carers of individuals with eating disorders. Everyone's journey is unique, and all perspectives are respected.
- We take an unbiased approach to treatments, clinicians, and pathways of care.
- Be mindful when discussing graphic or distressing details to ensure the emotional safety of others.
- While discussion of treatment options is encouraged, we cannot provide medical or professional advice. This group does not replace professional support.
- Participants unable to be identified will regrettably be removed from the meeting for safety reasons.

Additional Support If you need further support beyond the drop-in session, the following services are available:

Emergency Services	000	Suicide Call Back	1300 659 457
Lifeline	13 11 14	EDFA	03 9125 5670
Beyond Blue	1300 224 636	Carer Gateway	1800 422 737
EDFA	03 9125 5670	Butterfly Foundation	1800 334 673

For any questions, concerns or feedback, please contact:

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