

EDFA's Carer Support Groups

Become a member
edfa.org.au

Join an online support group to connect with other carers of a loved one with an eating disorder Australia-wide.

Whether your loved one has a diagnosis, or you are concerned about their behaviours around food and/or their appearance, our support groups can help you care for your loved one.

Eating Disorders Families Australia (EDFA) offers a comprehensive National Support Program to assist families and carers of individuals affected by eating disorders.

Our support groups are:

- ✔ Run by individuals with lived experience
- ✔ Sessions are typically one hour
- ✔ Provide a relaxed and comfortable environment
- ✔ No obligation to share, allowing participants to listen anonymously if they prefer



The support groups available include:

Carer-Specific Carer Support Groups

- ✔ General Support Group
- ✔ Men's Support Group
- ✔ Siblings Support Group
- ✔ Grandparents Support Group
- ✔ Partners Support Group
- ✔ Newbies Support Group
- ✔ SEED (Severe and Enduring Eating Disorder) Support Group

Diagnosis-Specific Carer Support Groups

- ✔ Bulimia and Binge Eating Disorder (BED) Support Group
- ✔ Avoidant/Restrictive Food Intake Disorder (ARFID) Support Group
- ✔ Anorexia Support Group

EDFA offers a free interpreter service for support groups and live webinars, accommodating over 150 languages to assist carers from diverse backgrounds.



Join our Private Carer Support Forum

When a loved one has an eating disorder, finding people who 'get it' is not easy. EDFA's Facebook group provides a supportive community and a safe, confidential, comfortable space for adult carers of an individual with an eating disorder.



Take a look at our calendar

See and subscribe to our upcoming support groups, webinars, meditation sessions, and more.

Contact

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🌐 edfa.org.au

EDFA EDucation

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EDFA delivers education programs to carers of a loved one with disordered eating or an eating disorder.

Webinars

Financial members can access webinars, both live and recorded. Webinars cover an array of topics relevant to caring for a loved one, including:

- ✔ Treatment options
- ✔ Strategies and tips for refeeding
- ✔ Advocating for your loved one in schools and medical settings
- ✔ Managing difficult behaviours
- ✔ Co-occurring health concerns

To watch our webinars, you do need to be a financial member. You can join for \$35 a year as an individual or \$55 a year for up to four family members.

Nourish, Nurture, Notice

Australia's first-ever online prevention program focused on early identification and intervention for disordered eating and prevention of eating disorders in young people.

Designed for parents and carers of school-aged children and adolescents.

Education will be provided via:

- A Masterclass
- Drop-in sessions



Sign up for the **FREE** Masterclass here.

Sibling Well-being

Siblings of individuals with eating disorders face significant challenges. EDFA has created a range of resources to support parents who have multiple children (one of which has an eating disorder), as well as children/adolescents (aged 10-17) with a brother or sister with an eating disorder.

The toolkits include:

- Stories of recovery to provide hope
- Activities for calming the mind
- Tools to help parent and child connect
- Strategies for children to look after their own well-being and set boundaries
- Support services for parents and siblings
- Journal prompts

The resources have been developed by a psychologist who has insight into the recovery experience, having herself recovered from an eating disorder.

Financial members can access our EDucation webinars at edfa.org.au/video-resource-library

Strong Enough Podcast

EDFA speaks to research leaders as well as specialists in education, advocacy and self-care to provide another avenue of education to eating disorder carers. We also hear from those with lived experience who bravely share their biggest challenges and successes in the caring journey.



Listen on
Spotify

