HARMONI – ANOREXIA NERVOSA SUPPORT GROUP

The Peter Beaumont Eating Disorder Ambulatory Service is running a support group for people who have had **Anorexia Nervosa for seven or more years**. The focus of the group will be on improving patients’ quality of life through therapeutic support, and practicing neutral tasks promoting flexible thinking.

The program is designed for people who:

* Are 35 years old or older
* Have had Anorexia Nervosa for 7 or more years
* Are able to seek a GP/psychiatrist referral to the group and see their GP for ongoing physical check-ups as needed

The group is held every Thursday morning from 10:30am – 11:30pm. The sessions will be run by a Clinical Nurse Consultant and Clinical Psychologist within the RPA Eating Disorders Ambulatory Clinic. New patients will need to attend an assessment session prior to starting the group if they are not already known to the service.

The group is currently taking new referrals. If you are interested, please speak to your GP or psychiatrist and obtain a referral to the RPA Eating Disorder Outpatient Clinic. Please note numbers are limited.

To register your interest in this group please contact:

Hayley Bennett, Peter Beumont Eating Disorder Service, SLHD

P: 9515 1430

For information on how to make a referral, visit:
<https://www.slhd.nsw.gov.au/MentalHealth/Services_eating.html>