



Are you a family member, partner or friend supporting an adult with an eating disorder?

The Highland Eating Disorder service invites you to a series of skills training sessions. The group will offer training facilitated by one of our team and an opportunity to meet with others with a friend or family member with an eating disorder.

When..... 2nd Monday of the month

Where..... Greenfields House, New Craigs Hospital, Leachkin Road, Inverness IV3 8NP

What time..... 5.00 - 6.30pm

Topics

Monday 12th Nov 2018 – ‘Caring styles and

Communication skills’

Monday 10th Dec 2018 – ‘Coping with Christmas’

We look forward to meeting with you!

If you have any questions or need directions, please contact us on
01463 253667