

I left understanding that I couldn't 'fix it' for my daughter, but I could cope with the situation and do a lot to enable her to start to get a grip of the eating disorder herself

Developing Dolphins

Empowering you to support change

Beat's Developing Dolphins skills workshops will give you new skills, tools, advice, and practical strategies to care for someone with an eating disorder.

To find out more email

training@beateatingdisorders.org.uk

Beat are working with the Sussex Child, Young Person & Family Eating Disorder Service to run skills workshops for carers in Sussex.

Beat's **Developing Dolphins skills workshops** will empower you to support change, and promote recovery by **improving your understanding** of eating disorders, and by **developing practical skills** for dealing with difficult situations.

Over **two days** you will learn about different communication techniques, and gain tools to support someone with an eating disorder.

To find out more and to book email training@beateatingdisorders.org.uk

For further help, advice and support contact Beat:
www.beateatingdisorders.org.uk **Helpline:** 0808 801 0677

More information about the Sussex Child, Young Person & Family Eating Disorder Service can be found online:
www.sussexpartnership.nhs.uk/eatingdisorder