



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab

EATING DISORDER RESEARCH STUDY

Web vs. Workshop Intervention for Caregivers of Adults with Eating Disorders

WHO CAN TAKE PART

Parents, family members, or caregivers of someone 17 or older with an eating disorder

WHAT IS INVOLVED

Learn about and build skills to support someone with an eating disorder through a workshop or online educational program.

1. Workshops take place over two, seven hour days
2. Online education can be used whenever and wherever you have access to the internet and can be completed over a period of 8 weeks

WHAT DO I LEARN

Topics include: education about eating disorders and their effect on families, communication strategies, meal support skills, relapse prevention, and more

WHERE IS IT HELD

1. Workshops will be held at Toronto General Hospital
2. Online education can be completed wherever you have access to the internet

CONTACT US FOR MORE INFORMATION

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