

ARE YOU THE PARENT OF A CHILD OR ADOLESCENT WITH AN EATING DISORDER?

Eating disorders affect entire families, especially parents, who can experience anxiety & stress when re-feeding their child & interrupting disordered eating behaviours.

Parents often report a lack of support.

You are invited to join a national research study examining the implementation of **virtual parent-led peer support groups**, for parents of children & adolescents with eating disorders. This group may help you learn skills and obtain helpful resources about how to support your child, receive support for yourself, and be part of a community of parents, just like you.

AM I ELIGIBLE FOR THIS STUDY?

- Ability to understand, speak, & write in English
- Access to a computer & the internet
- Have a child or adolescent (less than 18 years old) with an eating disorder

If you meet these criteria, you are eligible to join our study!

WHAT WOULD I HAVE TO DO?

- Attend virtual parent-led peer support groups twice a month for 3 months
- Complete questionnaires related to parental burden, needs, & self-efficacy
- Complete an interview about your experience in the group



HOW DO I LEARN MORE?

[For more information, please click here.](#)