

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

Eating disorders affect entire families, especially parents, who can often experience anxiety, stress, and a lack of support when re-feeding their child and interrupting disordered eating behaviours.

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

AM I ELIGIBLE FOR THIS STUDY?

If you are able to understand, speak, and write in English, have access to a computer and the internet, and have a child or adolescent (less than 18 years old) with an eating disorder, **you are eligible!**

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, and self-efficacy
- Complete an interview about your experience in the group

HOW DO I LEARN MORE OR SIGN UP?

For more information or to sign up, please click [here](#), or hover your phone camera over the QR code to the left, to complete our quick Contact Information Form.

Alternatively, you can e-mail research assistant Maria Nicula at [**niculam@mcmaster.ca**](mailto:niculam@mcmaster.ca).

