

**BODYWHYS**

The Eating Disorders Association of Ireland



National Clinical  
& Integrated Care Programmes  
*Person-centred, co-ordinated care*



Comhairle Cathrach  
Bhaile Átha Cliath  
**Dublin City Council**

# Dublin - January 2018

Are you supporting a family member  
with an eating disorder?

*If so, this free course is for you*

Bodywhys and HSE Cabra Community Mental Health Team  
invite you to attend

## PiLaR : Peer Led Resilience 4-week programme :

Evening programme for families and friends.

**When:** 4 Thursdays in January/February (starting January 25<sup>th</sup>)

**Time:** 6 - 8pm

**Venue:** Cabra Library, Navan Road, Dublin 7

Places are limited. Attendance is FREE but booking is essential.

Contact Helen McSherry, **Bodywhys: 01 283 4963 / [helen@bodywhys.ie](mailto:helen@bodywhys.ie)**