

BODYWHYS

The Eating Disorders Association of Ireland



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

Cavan/Monaghan - May 2018

Are you supporting a family member with an eating disorder?

If so, this free course is for you

Bodywhys & Cavan/Monaghan Mental Health Services
invite you to attend

PiLaR : Peer Led Resilience 4-week programme :

Evening programme for families and friends.

When: 4 Thursdays in May/June
(starting May 24th - 14th June)

Time: 6.30 - 8.30pm

Venue: Errigal Country House Hotel, Cootehill, Co. Cavan

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

Contact Helen McSherry, **Bodywhys:** 01 283 4963 / helen@bodywhys.ie