



Eating Disorder Couples Group:

For individuals with eating disorders and their partners

- ◆ Do you sometimes wonder how best to talk with your partner about food and body concerns?
- ◆ Would you like your partner to have a place to learn more about eating disorders and helpful coping strategies?
- ◆ Are you both interested in learning more effective communication in your relationship?
- ◆ Would you like to hear from other couples with similar concerns?

When someone is struggling with an eating disorder, it often affects all members of the family. Everyone needs to learn new ways of coping, and it can be helpful to include romantic partners in this process. This group will provide couples with general information on eating disorders and coping strategies, as well as introducing helpful ways to communicate about eating and relationship concerns.

The group will meet at Duke University from 5:30-7:00 p.m. on Thursdays for 8 weeks, starting in late September.

For more information, please call Natalie at 919-668-7301 or email her at Natalie.puckett@duke.edu.