

balancED
support group for women with eating disorders

with

Charmaine
Hutchinson, RPN

About Charmaine

Charmaine is a Registered Psychiatric Nurse and eating disorder survivor. She is the creator and facilitator of balancED Support Group for Women with Eating Disorders. She is dedicated to giving support to individuals with eating disorders and to increasing awareness of this important issue in the community.

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You don't have to be alone.

**"AND THE DAY CAME WHEN THE RISK TO REMAIN TIGHT IN A
BUD WAS MORE PAINFUL THAN THE RISK IT TOOK TO BLOSSOM."**

-Anais Nin

About the Meetings

This group runs once a week in
the Langley Area.

Specific location to be announced.

For more information

...email:

charmainesgroup@live.com

Disclaimer:

This is a support group. It is not a
therapy group or a substitute for
counseling or medical attention. It
is meant to be a part of an indi-
viduals recovery plan.

About Eating Disorders

- People of all shapes and
sizes have eating disorders.
- Eating disorders can occur at
any age.
- Eating disorders often impair
the individual's home, work,
social and personal life.
- Women are not the only
ones who can suffer from an
eating disorder. 1/10 cases
of eating disorders are men.
- Recovery from an eating dis-
order is hard work but there
is hope. Reaching out for
support takes courage and is
worth it in the long run.

About balancED

balancED Support Group for
Women with Eating Disorders is
a ten week recovery group for
individuals striving to get past
an eating disorder. It's purpose
is to provide support, hope, in-
spiration and tools to help on
the road to recovery. It is a
place where one can share
openly in a non-judgmental at-
mosphere. Secrecy is a huge
part of having an eating disor-
der and often the first step is to
reach out to others who under-
stand. This support group runs
on a weekly basis. For more in-
formation please contact Char-
maine at

charmainesgroup@live.com