TIPPERARY PARENT HUB

Free Webinars for Parents

Normalising Conversations around Eating with Your Young Person with Kathy Downes

In association with Planet Youth Tipperary

PLANET Youth PARTNER Tipperary

Join us on the 24th November from 11am to 12:30pm

In this webinar Kathy Downes, Support Services and Training Manager, with Bodywhys will give an overview on disordered eating and eating disorders and how we might best support young people around positive relationships with food and their body.

Kathy will also look at how a young person with disordered eating might experience themselves and the world, and how we then must think about how to communicate with that person to be able to support them. We will discuss what the next steps might be if you are concerned for someone and what treatment and support options there are for a young person.

Kathy is the Support and Training manager with Bodywhys. She is an accredited psychotherapist and supervisor.

Scan the QR code for more info:

HSE

BODYWHYS
The Eating Disorders Association of Ireland