



Skills for Carers

COMMISSIONED BY HERTFORDSHIRE COUNTY COUNCIL FOR PARENTS AND CARERS AND OLDER SIBLINGS.

Caring for a loved one who is struggling with body image and/or their relationship with food can be exhausting, distressing, and disorientating. Many carers feel they have tried everything and don't know where to turn next which is why **First Steps ED** developed our 'Skills for Carers' workshop, designed to offer new skills and information to parents and carers.



SCAN ME

Four-Week Workshop Series

The 'Skills for Carers' workshops are full of practical tips, scenarios and case studies. This series is designed to help carers develop self-reflective, care-giving skills to role model confidence, compassion and courage. The aim is to offer attendees the knowledge and ability to be an important part of supporting a loved one.

The sessions will be delivered online (via Zoom) Tuesday evenings throughout May from 7.30pm until 9pm (3rd, 10th, 17th and 24th.) Following the first session, the team will close the group to ensure that the parents and carers in attendance can develop a positive peer group through the entire four-week programme.

Our 'Skills for Carers' workshops will be available monthly through to March 2023. To register for a future workshop please use the QR code to sign up.



What is an Eating Disorder?



Caring Styles



Conflict & Communication



Enabling & Accommodating