



together we
Cumbria

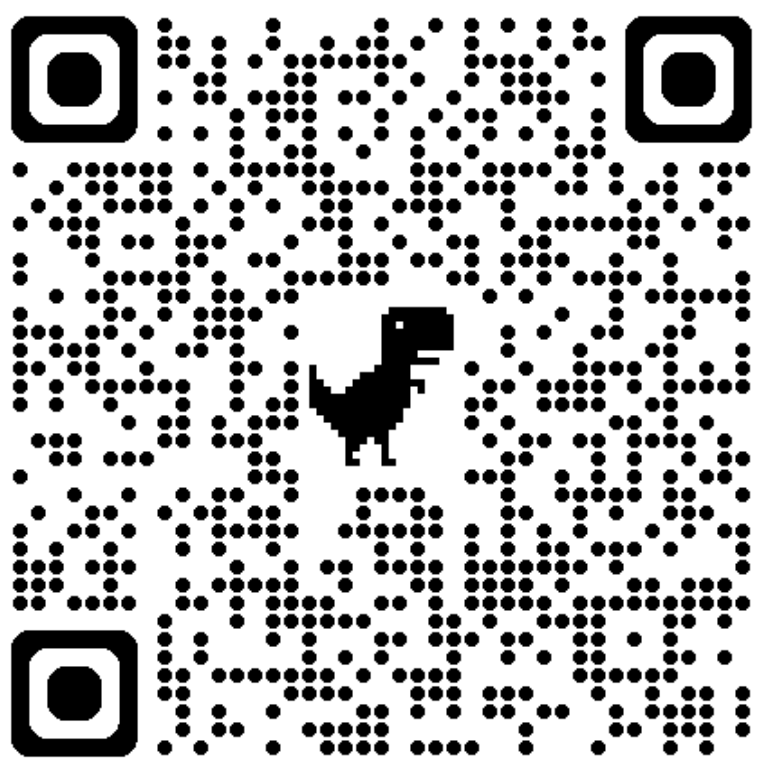
0808 196 1773 | hello@ncrecoverycollege.org | www.togetherwe.uk

UNDERSTANDING DISORDERED EATING

Embark on a transformative journey towards healing with our 12-session course, navigating distress related to food, weight and shape.

**Sessions
for adults
(18+)**

Integrating therapeutic intervention with group support, this program empowers individuals with essential skills to support recovery



To register, please scan here
or visit our website, www.togetherwe.uk



From 20th May 2024 for 12 weeks



5:30pm - 6:30pm



16 Jane Street, Workington, CA14 3BB