



Understanding
Compassion
Confidence
Freedom

ARFID

Finding food freedom

A 6-WEEK ONLINE PROGRAMME

Support, understanding and practical strategies for ARFID.

A compassionate, evidence-informed programme designed to help individuals and families understand **Avoidant Restrictive Food Intake Disorder** and build safer, more positive relationships with food.



A compassionate, non-judgemental approach to food, emotions, connection and recovery.

- 1 **WEEK 1**
Understanding ARFID
Making sense of what is really happening
- 2 **WEEK 2**
Sensory Drivers of ARFID
Exploring how senses impact food
- 3 **WEEK 3**
Anxiety and the ARFID Brain
Understanding fear, worry and how the brain responds
- 4 **WEEK 4**
The Role of Nutrition
Nourishing the body to support brain and wellbeing
- 5 **WEEK 5**
Practical Tips
Everyday strategies to support mealtimes and reduce stress
- 6 **WEEK 6**
Moving Forward with Confidence
Building skills, strengths and strategies for lasting change

YOU'RE NOT ALONE
Connect with other families who understand.
Share experiences, challenges, successes and hope.
We're all in this together.

FOR WHĀNAU, WITH WHĀNAU
We know change happens best in connection. This programme supports the whole whānau to build understanding, strengthen relationships, and create safer, calmer mealtimes together.

*You don't have to have all the answers.
You just have to be willing to begin.*

WHAT THIS PROGRAMME OFFERS

- Evidence-informed psychoeducation about ARFID
- Practical, real-world mealtime strategies
- Support for sensory-based and anxiety-based eating difficulties
- Step-by-step guidance for carers and individuals
- A compassionate, non-judgemental approach to food exposure and recovery
- Connection and community with other families on the journey

Together, we can create hope, healing and lasting change.

Want to learn more or get started?

info@edcs.co.nz
We're happy to answer your questions and help you take the next step.