



JourneyED Eating Disorder Support Aotearoa

JourneyED Together

Online Peer Support Group

JourneyED Together offers a space for shared growth and learning about what recovery means to you. You will connect with a community of people who have similar experiences and support one another on your individual journeys.

JourneyED is a new lived experience charity dedicated to supporting people with eating disorders in Aotearoa. This support group aligns with JourneyED's vision of an Aotearoa where no one has to go through an eating disorder alone.

Our full launch will be coming soon!

To keep up to date, follow us on Instagram at @Journeyednz

Group details:

- Group members must be aged 18+ and live in Aotearoa
- This is a free support group
- The group facilitators, Meg and Bea, have personal lived experience of an eating disorder. They are both trained and experienced in using Intentional Peer Support (IPS).
- Each week will have a different main topic, agreed ahead of time
- Upon completion of the block, group members will be invited to an alumni network

First group:

- 28th May - 27th August 2026
- Fortnightly 7pm - 8.30pm on Thursdays (eight sessions) on Zoom
- Maximum 12 people

Meg Vardy is a peer supporter based in Ōtepoti, and is JourneyED's founder. She believes that everyone experiencing and eating disorder should have access to compassionate, mana-enhancing support.



Bea Chadda is a peer support specialist who works in the community in Ōtautahi supporting people in their eating disorder recovery. She uses her lived experience to show others that they are worthy and deserving of hope, care and support.



Scan the QR code to register your interest for the JourneyED Together support group.

Email us at info@journeyed.org.nz for further information.

