



# Eating Disorders Carer Support NZ

connection, resources & advocacy



## STRENGTH IN *Whānau*

Support, Knowledge and  
Connection for Families  
Facing Eating Disorders



You don't have  
to do this alone.

*We're here  
for your whānau.*



Supporting a loved one with an eating disorder  
can be overwhelming, confusing and isolating.

Strength in Whānau is an 8 week online course designed to help  
families feel more confident, informed and connected.

### THIS 8 WEEK ONLINE COURSE CAN HELP YOU:



**Understand eating disorders**  
and what your loved one  
may be experiencing.



**Strengthen your role**  
and become a powerful part  
of the recovery journey.



**Build communication skills**  
that reduce conflict and  
build connection.



**Feel less alone**  
and connect with other  
families who understand.

### EVIDENCE-INFORMED. FAMILY-FOCUSED.

Our programme is grounded in the latest  
research and best practice, and shaped  
by the lived experience of families.

- ✓ Practical tools you can use at home
- ✓ Clear, easy-to-understand modules
- ✓ Designed to work alongside your existing support team or while on wait lists
- ✓ Informed by evidence and lived experience

### OUR 8 WEEK COURSE COVERS:

**1**

#### Understanding Eating Disorders

Making sense of what is really happening

**2**

#### Turning Families into Recovery Teams

The powerful role of whānau in recovery

**3**

#### Understanding the Starved Brain

How malnutrition affects emotions, behaviour and thinking

**4**

#### Surviving Mealtimes

Practical tools for supporting eating at home

**5**

#### Keeping Connection when emotions run high

Communication that reduces conflict and builds safety

**6**

#### Breaking the Cycle

Why eating disorders feel so powerful and hard to change

**7**

#### Advocating for your Child

Navigating schools, services and systems

**8**

#### Hope, Healing and the Future

Understanding recovery, rebuilding connection and maintaining hope

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



Want to learn more  
or get started?

[emma.w@edcs.co.nz](mailto:emma.w@edcs.co.nz)

We're happy to answer your questions  
and help you take the next step.



SUPPORTING FAMILIES



BUILDING CONNECTIONS



INSPIRING HOPE