



Transitions Recovery Club



A recovery-focused online discussion open to people with personal experience of eating disorders.

The club offers an opportunity to share your feelings and thoughts and give and gain support from other young people across London

**Even during really difficult times
recovery is possible!!!!**

To register you must be:

- Aged between 16 and 25yrs
- Currently experiencing, or recovering from, an eating disorder
- Currently experiencing difficulties related to a transition
- Living, studying, working or receiving or leaving treatment in any London borough

To take part, please email Sarah at: transitions@beat.co.uk

