

# Supporting someone with an eating disorder this Christmas?

## 'Coping with Christmas' could be for you.



Christmas can be a difficult time for people with eating disorders and their loved ones. 'Coping with Christmas' is a one-day training course to equip you with skills to support someone, so they feel more in control and less overwhelmed, and you are able to enjoy your day together.

### The course will help you think about:

- How to collaboratively plan with your loved one
- How to identify potential triggers
- Preparing for New Year
- Hopes and fears about Christmas
- How to plan and test meals
- And much more.

Coping with Christmas is suitable for parents, partners, other family members and friends supporting someone with an eating disorder at Christmas, and will run at locations across the country from 23 November.

To find out more, visit [beateatingdisorders.org.uk/coping-with-christmas](https://beateatingdisorders.org.uk/coping-with-christmas).

Developed by Beat, the UK's eating disorder charity.





## Beat will be running the Coping with Christmas course in:

- **Birmingham** – 23 November
- **Leicester** – 24 November
- **York** – 25 November
- **Exeter** – 30 November
- **Cardiff** – 1 December
- **London** – 2 December
- **Newcastle** – 8 December
- **Edinburgh** – 9 December
- **Manchester** – 9 December

**For more information and to book,  
visit [beateatingdisorders.org.uk/  
coping-with-christmas](https://beateatingdisorders.org.uk/coping-with-christmas).**

