



**Centre for Assisted Recovery with Eating Disorders
Cared launches Thursday December 5th 2019 at the
National Botanic Garden of Wales,
6pm - 8pm**

Cared is a support group led by people with lived experience and professionals in the sector

Groups will run the first Thursday of every month, and will offer advice, information, and friendship to those supporting someone with an eating disorder.

We understand that attending any group for the first time can be daunting, so if you contact us prior to attending we can help ease your worries

**Contact either Donna Mason on donnamason@mhmwales.org
or Paul Smith on paul.smith@gardenofwales.org.uk**

