



SORTED

Eating Disorder Support

SORTED delivers eating disorder peer support groups, both online, via zoom and

face to face at our office on Quarella Road, Bridgend, CF31 1JW

Sessions provide support around empowerment, coping techniques and peer to

peer support. **SORTED** offers an opportunity to meet people who may be in a

similar situation in a safe and confidential space.

For those with an eating disorder

Face to face every Wednesday 6pm-7pm

Online every Tuesday 6pm-7pm

For carers

Face to face TBC

Online every Thursday 6pm-7pm

Contact sorted@mhmwales.org

for more information on **SORTED** and other

Mental Health Matters Wales groups, visit www.mhmwales.org.uk