

Eating Disorders and Self Harm

Dates: Saturday February 6th

10am-3pm

Venue: Diocesan Office, Harborne

Cost: £10 (includes lunch)



Jo Fitzsimmons from *Frontier Youth Trust* has 14 years experience in Christian youth work organizations. She is committed to young people outside the church and works on her estate with young people and their families.

Self Harm is often a subject youth workers are frightened by – this training aims to help you consider your response from having 'a hunch' a young person is self harming, knowing best practice procedures and supporting young people coping with self injury.



This **Eating Distress** training will focus on triggers, causes, and understanding how to – and not to – respond to teenagers who struggle with issues around food. It will help you consider how you plan food on residential, how you use food in youth work and how teenagers facing this issue might respond. It'll give you tools to consider your response to eating disorders.

To book contact Jelena Cammack at jelena@birmingham.anglican.org or 0121 426 0435

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