

# JUNE ALEXANDER

FOR CARERS AND PEOPLE WITH EATING DISORDERS



## WHEN

**September 21st**

**9:30 - 4: pm (Carers)**

**September 22nd**

**9:30 - 12: 30 pm (Sufferers)**

## WHERE

**THE QUEST**

**46 Reid St**

**Wodonga VIC**



## LUNCH AND REFRESHMENTS WILL BE PROVIDED

Dr June Alexander is an eating disorder advocate and author of 10 books, including her memoir, all with eating disorders as the central theme. She is a life skills and writing mentor. Her PhD explored the use of diaries in creative works and her two websites promote life writing and diary-writing as a self-help and creative tool. Her story-telling work has achieved global recognition, winning the Academy for Eating Disorders' 2016 Meehan-Hartley Advocacy Award for public service and advocacy in the eating disorder field.

Websites: [www.lifestoriesmentor.com.au](http://www.lifestoriesmentor.com.au) and [www.thediaryhealer.com](http://www.thediaryhealer.com)

## NARRATIVE WORKSHOPS

Narrative Therapy works by helping to separate the problem from the person, and puts you in the driver's seat of your life.

Through writing and sharing in a supportive and safe space you can gain self-help skills, insight, inspiration and self-healing strategies.

Narrative mentoring can enable painful emotions and related inhibitions to be addressed, repackaged and placed in the context of life allowing you to move forward over time.

No prior writing experience is necessary. A desire to improve your wellbeing is all that matters.

## RSVP AUG 31ST

**BOOK EARLY AS NUMBERS TO THIS EVENT ARE LIMITED.**

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