

Wise Choices



Wise Choices is a group program being piloted by Sunshine Coast Hospital and Health Service's Eating Disorders Service.

The program aims to support the development of skills to enable participants to make choices that are more in line with their values. It offers a shared experience with people who are going through similar difficulties.

The 10-week acceptance and commitment therapy-based program targets people that have an eating disorder or disordered eating who struggle with difficult thoughts and feelings. The program is delivered by two experienced mental health professionals. The program is for people who:

- would like to explore new skills to handle painful thoughts and feelings
- have relationship challenges
- are interested in finding out how to accept what is outside of their personal control
- experience disordered eating that has a negative impact on their quality of life
- want to clarify what is meaningful and important to them
- are open to learning new ways of living and are willing to practice new skills in everyday life.

When: Tuesday 21st March 2023

Time: 9.30am–11.30am (2 hours a week)

Where: The Community Hub, 60 Dalton Dr, Maroochydore

Cost: Free

To register your interest, or for more information please contact Ali Hauschildt on 5202 9500 or email SC-MHSS-EDS@health.qld.gov.au