



Peer support evening for English speakers

Do you feel that food has become a problem for you? Or that food, eating habits or sport have become means for controlling your emotions or coping with stress? An eating disorder can develop slowly over time and have a big impact on your life quality. If you are worried about your relationship with food, a peer support group might be for you.

Etelän-SYLI ry is an organization working in the Greater Helsinki and Uusimaa area, providing support for people with eating disorders, and their loved ones. We are holding a peer support evening for English speakers on **Monday 27th of March 2017, 5-7pm, at the Etelän-SYLI office in Kaapelitehdas (Cable Factory), Tallberginkatu 1B, 4th floor** (nearest metro stop: Ruoholahti). You don't have to sign up for the event, just come along.

The group is facilitated by our English-speaking volunteers Pihla and Réka, who both have experience of living with an eating disorder. If you want to ask about the group you can contact [pihla.aaltonen\(at\)etelansyli.fi](mailto:pihla.aaltonen@etelansyli.fi).



For general questions about Etelän-SYLI, please contact our workers Kaisa or Uura:
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