Peer support event for people suffering from an eating disorder

Do you feel that eating has become a problem for you? Or that food, eating habits or sport have become means for controlling your emotions? An eating disorder can develop slowly over time but can have a big impact on your life quality.

Etelä-SYLI is an organization working in the Greater Helsinki and Uusimaa areas, providing support for people with eating disorders, and their loved ones.

We are holding a peer support evening for English speakers on the 8th of October, from 5 to 7pm, at our office in Kaapelitiedas (The Cable Factory, B-stairway, 4th floor) in Ruoholahti.

If you feel you might benefit from understanding and peer support you are warmly welcomed to our event. No sign-up is necessary, feel free to just turn up.

If you would like some information about the event beforehand, please contact the event’s co-facilitator Pihla at pihlaaltonen@yahoo.com. Pihla lived in the UK for ten years and understands the international student experience.

For any general questions about Etelä-SYLI as an organization, please contact:

Kaisa: kaisa@etelansyli.fi / p. 045 841 6853
Uura-Liina: uura-liina.lahti@etelansyli.fi / p. 040-535 1626
Read more about us at: www.etelansyli.fi/en