



BROMLEY Y
Building Strengths

April & June 2026

**FREE Monthly Webinar for
Secondary School Parents & Carers**

Recognising the Early Signs - Understanding Disordered Eating in Teens

Helping parents to understand disordered eating and support young people in developing a healthy, positive relationship with food.

This one hour session covers:

The difference between disordered eating and eating disorders.

How to **spot the early signs** and respond with confidence.

The importance of the language we use around food and why it matters.

What disordered eating is and why it is on the rise.



How to be a positive role model and create a supportive home environment.

This webinar is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

Thur 23 April @ 6:00pm

Thur 18 June @ 6:00pm



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[Book your place on the Bromley Y Eventbrite Page](#)

To assist with the smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.



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