



**MHM WALES**

Charity No: 1123842

## **Sorted**

### **Share Our Recovery Through Eating Disorders**

**Sorted** is the new name for the group previously run B-Eat Cymru in Bridgend and this group is now part of the MHM Wales Family.

**SORTED** provides a Peer-2-Peer support to people with all types of eating disorders including their carers, families and friends.

**SORTED** offers an opportunity to meet people who may be in a similar situation in a safe and confidential space. People support each other by sharing experiences, thoughts, successes and problems or by simply listening. These groups do not offer treatment, therapy or counselling and cannot diagnose or make medical referrals.

**SORTED** is run by MHM Wales volunteers who use their skills, knowledge and expertise through offering support and information. We receive no government funding and rely solely on donations and the generosity of the public.

**Date:** Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month (excluding bank holidays)

**Time:** 6:30pm to 8pm

**Location:** ARC, Quarella Road, Bridgend, CF31 1JN

**Contact:** [sorted@mhmwales.org](mailto:sorted@mhmwales.org) or 01656 651 450