



New dates for some of our free courses.

To book a place please click on the links or email: nationsteam@beateatingdisorders.org.uk

[Developing Dolphins](#)

- Tuesday 10th January – 7th February (6:45 – 9:15pm)
- Tuesday 17th January – 14th February (6:45 – 9:15pm)
- Wednesday 18th January – 15th February (6:45 – 9:15pm)
- Wednesday 25th January – 22nd February (6:45 – 9:15pm)
- Thursday 9th February – 6th March (6:45 – 9:15pm)

[Raising Resilience](#)

- Monday 9th January – 6th February (6:45 – 9:15pm)
- Thursday 12th January – 9th February (6:45 – 9:15pm)
- Monday 16th January – 13th February (6:45 – 9:15pm)
- Wednesday 18th January – 15th February (6:45 – 9:15pm)
- Tuesday 7th February – 4th March (6:45 – 9:15pm)
- Wednesday 22nd February – 22nd March (6:45 – 9:15pm)