



New Zealand Eating Disorders Clinic

**New Zealand Eating Disorders Clinic (NZEDC)
& Redefined Coaching**
present:

HOPE NIGHT*

*Inspiring Hope and
Advocating that Recovery is Possible*

NZEDC is proud to host once more our 'Hope Night' for individuals and their families who are struggling with eating disorders and body image.

Hope Night is an opportunity for people who are in the midst of an eating disorder to experience directly that becoming free from an eating disorder is possible. The night is also to encourage parents to not give up and keep fighting for their loved one.

This year, we are very excited to have Tabitha Farrar join us as our live guest speaker from the US via ZOOM. She will be available for your questions as well. Please send these in advance to kelliel@zedc.co.nz.

Everyone is welcome and entry to this event is free.

Date: Wednesday, 19 October 2022

Time: 4.00 – 6.00 pm

Where: The Upper Room, 12b Clayton Street, Newmarket, AKL 1023

Cost: Free

Parking: Free parking is at the Auckland Domain, opposite Clayton street. Usual street parking rates apply in surrounding areas.

For any further info please email: kelliel@zedc.co.nz

- Please note this year, the HOPE event is being held in the afternoon due to a live interview with Tabitha Farrar and needing to find a compatible time



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About Tabitha Farrar

Tabitha grew up in England. Despite being a robust and confident teenager, she developed an eating disorder at age 17 and this devastating illness took pole position in her life until, at 25, she finally started her recovery journey. She successfully recovered from Anorexia Nervosa and the complicated matrix of obsessions and habitual eating disorder behaviours that came with it. She has since been busy founding a number of action days and events around eating disorders, she has written books and recovery guides for adults, she is hosting a podcast and much more.

<https://tabithafarrar.com>



Clayton Street looks like a driveway. Once you turn into the 'Street' there will be a large sign saying, "Upper Room". Free parking is available at the Auckland Domain.

