

Eating disorders, trauma explored at Lifetree Café

How to cope with eating disorders and other problems rooted in trauma will be explored at the next session of Lifetree Café this coming Wednesday (April 17) at 7 p.m.

The program, entitled Triumph Over Trauma: One Woman's Struggle with Anorexia, will feature an exclusive filmed interview with a victim of anorexia whose eating disorder threatened to end her life.

"This program will explore what to do when trauma prompts an eating disorder or other problem," said Lifetree representative Craig Cable.

Admission to this one-hour event is free. Snacks and beverages are available.

Lifetree Café is at 6025 Old Church Rd. in Caledon East, in the café space in St James Church.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Bruce Neville at 416-579-9977 or Desiree Neville at 416-579-6748.