

ARFID GROUP



We are seeing more and more need for treatment for **Avoidant Restrictive Intake Disorder** (ARFID).

The group is open to adults with ARFID anywhere in the Aneurin Bevan University Health board area.

We have noticed that adults with ARFID have struggled with it for many years without treatment—or in many cases—without a diagnosis. This group is aimed to help you understand the diagnosis more and work at challenging some of the restrictions around food in a practical way.

- 6 sessions (once a week over a 6-week period)
- Location changes every cycle to ensure it is accessible to those across Aneurin Bevan Health Board.

