



YOU CAN DO THIS AND WE CAN HELP

*Join Our Virtual Family & Friends
Education Series Today*

Our **Virtual Family & Friends Education Series** will help you better support your loved one through their recovery journey with education, helpful guidelines and skills, and connection with others. **The more you know about what your loved one is going through, the better you can support them.**

Designed for Eating Recovery Center families and friends who have loved ones currently or previously in treatment, this series is delivered in a virtual format in the comfort of your home. It's never been easier to empower yourself with the knowledge and confidence you'll need to be there for your loved one during this important time.

Our Comprehensive Series Offers Three Powerful Components:



EDUCATION

Gain powerful insights and learn about eating disorders and the most effective treatments.



PREPARATION

Receive helpful guidelines and skills to support your loved one after treatment and throughout their recovery journey.



CONNECTION

Embrace those who know what you're going through and benefit from these personal connections.



Enroll Now!

EatingRecovery.com/FamilyFriendsSeries

Weekly Topics Include...

WEEK 1

Tools for Connection and Confident Communication
With Your Loved One

WEEK 2

What's Food Got to Do With It? Our Nutrition Approach

WEEK 3

A Medical Lens: Eating Disorder Treatment and Recovery

WEEK 4

Stay the Course: Practical Steps to Support Recovery



Enroll Once to Join the Series.
Drop In Anytime.
Same Day. Same Time. Every Week.
To learn more and enroll, visit
EatingRecovery.com/FamilyFriendsSeries

After participating, my sister is a professional at helping me now. She makes me feel comfortable with reaching out. The words I love to hear from her are 'I hear you and I see you' and 'What can we do today to move through this?'

– Lydia, ERC Program Alumnus



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