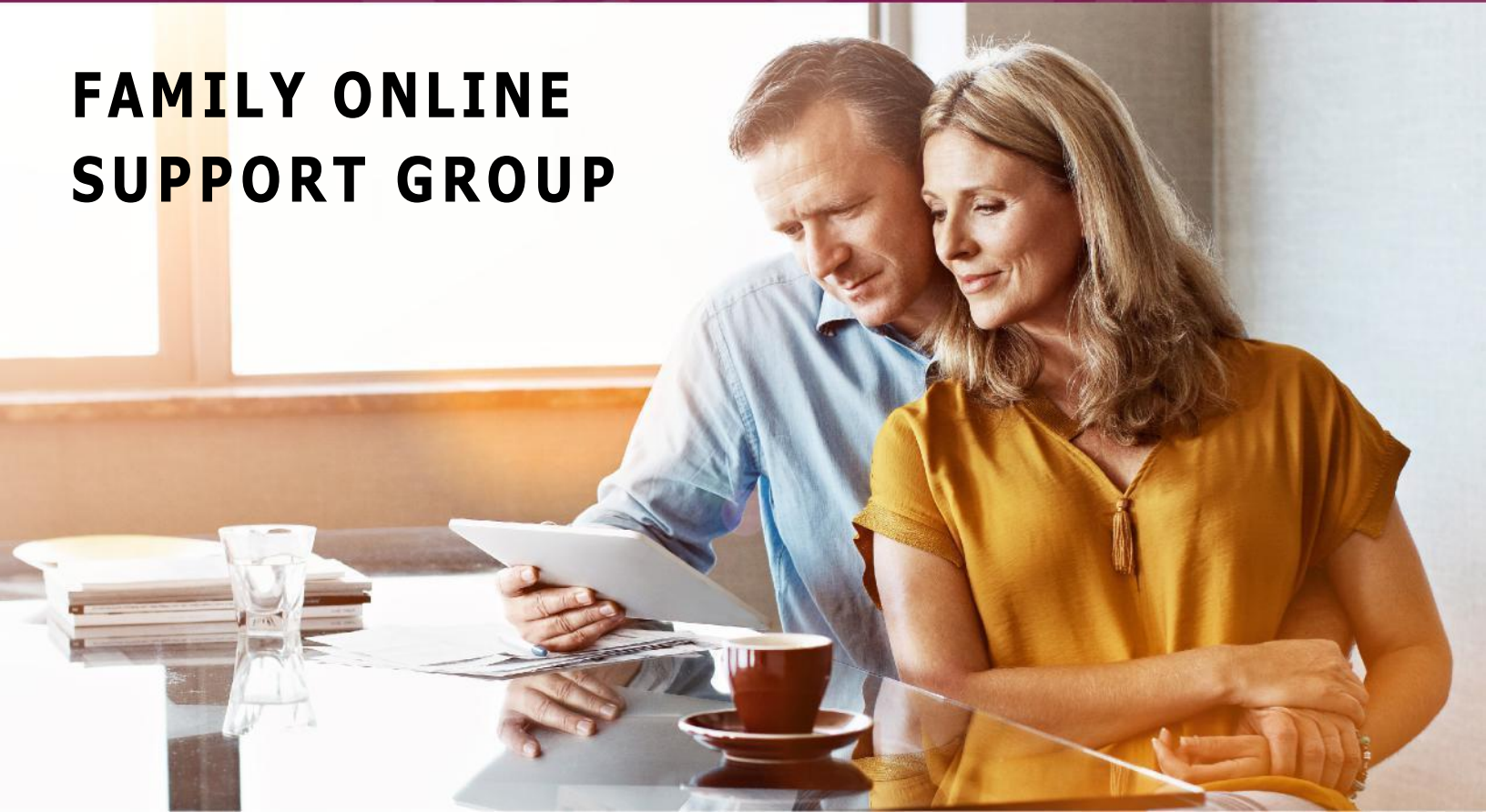


# FAMILY ONLINE SUPPORT GROUP



## ERC ONLINE SUPPORT GROUP

Join fellow caregivers and family members for a weekly Internet Support Group offering support, education about eating disorders, and connection with other individuals with shared experiences. Participation in the group is online, free, and open to anyone supporting someone with an eating disorder. Participants can attend as often as they would like with no pressure to attend group every time. A four week commitment is encouraged. Please note, the group is a supplemental support for families and it is not a replacement for eating disorder treatment, therapy, or medical advice.

## WHAT SHOULD I EXPECT?

This group occurs over secure video conferencing and will be monitored and supported by an ERC staff member. Each group will start with a psychoeducational topic related to supporting your loved one, time for themed discussion, and time for free chat where you can share experiences, thoughts, successes, and problems with others who relate to your situation.

## WHEN DOES IT HAPPEN?

The first Thursday of every month at 8pm EST



**TO PARTICIPATE, CONTACT US AT [ALUMNI@EATINGRECOVERY.COM](mailto:ALUMNI@EATINGRECOVERY.COM)**

Participants must register by completing the consent form. Once your consent form is returned to the moderator of the group, you will receive the meeting ID and link to join the secure online meeting room.