

NEW VIRTUAL FAMILY & FRIENDS EDUCATION SERIES



There are two truths that make up the core of our treatment. The first is an unwavering belief that all of our patients have the capacity to fully recover and live vibrant lives. The second is the compassionate understanding that family and friend involvement in the treatment and recovery process is invaluable.

As part of our core treatment offerings, Eating Recovery Center (ERC) is proud to invite you to our new Virtual Family & Friends Education Series. Designed for current and former ERC families and friends who have adult loved ones in treatment or recovery. The series offers critical education on specific eating disorder topics that help to equip all families and friends to support their loved one through the complexity of recovery.

“Attending the families and friends education series was the most beneficial thing we did. It gave us a renewed sense of empowerment and hope as parents.”

– Recovery Ambassador Council
Parent Advocate, Sunnie

Be There for Your Loved One. We'll Show You How.



Thoughtful Education on Sensitive Topics in Treatment and Recovery

The series provides families and friends with an opportunity to learn from educational courses about the complexities of eating disorders and treatment at ERC.



Preparation for Loved One's Return and Lasting Recovery

As families and friends prepare for their loved one's return, this series provides tangible takeaways and skills to support both loved ones and families and friends.



Connection with Others

It is not enough to hear “you are not alone.” There is comfort in meeting and listening to a community of families and friends who understand both the trials and victories of supporting a loved one with an eating disorder.

What to Expect



WHERE: Live, online sessions from the comfort of home



WHEN: Thursdays 10:00-11:30am MDT



WHO: Open to current and/or prior ERC family and friends



WHAT: Presentations by ERC National Leaders related to eating disorders, recovery, and aftercare

Enroll once to join the series. Same Day. Same Time. Every Week.

Join now to take an active role and feel empowered in supporting your loved one's recovery journey.

EatingRecovery.com/FamilyFriendsSeries



Education Tailored for You

Join us each week for live, informative courses and Q&A discussions designed to offer support, answer questions, and provide valuable connections to other individuals with shared experiences.

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

Can My Loved One Heal? Come Learn How

WEEK 4

Bonus Topics: Don't Miss Out on Courses Tailored for You

TOPICS: Evidenced Based Treatment, Co-Occurring Disorders, Navigating Insurance, Medication Management, Aftercare Planning

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