



Caregiver's Checklist

GUIDING THROUGH EDUCATION, RESOURCES AND COMMUNITY

Eating Recovery Center is here to help guide you through the recovery process and get you the education and support you deserve at each step of your journey. Follow the checklist below for your next steps. All offerings are a part of our complimentary services.



RSVP FOR HOPE ORIENTATION

Our virtual Hope Orientation for Family and Friends helps you establish a strong beginning, middle and end of your time with us as we cover all the basics. Offered weekly.

EatingRecovery.com/HopeOrientation



REGISTER FOR A VIRTUAL FAMILY & FRIENDS EDUCATION SESSION

These sessions put you in the driver's seat with the necessary education, knowledge and confidence to be an active support. Offered weekly.

EatingRecovery.com/FamilyFriendsSeries



ATTEND CAREGIVER SUPPORT GROUPS

Join our weekly virtual groups to connect with other caregivers in a nurturing and supportive environment. To learn more about our support groups and register, visit

EatingRecovery.com/Support-Groups



JOIN EATING DISORDERS 101 AND 201

Listen to our National Family Advocate, who has been there herself and made it her life's work to educate other parents and caregivers through shared experiences, research and resources. A psycho-educational opportunity to learn about eating disorders. Offered biweekly.

Eating Disorders 101: EatingRecovery.com/ED101

Eating Disorders 201: EatingRecovery.com/ED201



UNLOCK ADDITIONAL RESOURCES

For extra education and support, preview our community-based events, online forums, articles and publications. [Access additional tools and resources on the back of this flyer.](#)



SUPPORTING YOU EVERY STEP OF THE WAY: ADDITIONAL COMMUNITY RESOURCES



COMMUNITY OUTREACH & EVENTS

ERC hosts and engages with local, regional and national organizations and events for alumni, support persons and community advocates.

EatingRecovery.com/Events/Community



MENTAL NOTE PODCAST

Episodes provide education and inspiration through in-depth conversations from select speakers and guests.

MentalNotePodcast.com



ONLINE NETWORKS & CONNECTIONS

Our supportive online networks and social channels provide inspiration and timely updates about resources, events and the recovery community.

 [Eating Recovery Center](https://www.facebook.com/EatingRecoveryCenter)  [@EatingRecovery](https://www.instagram.com/EatingRecovery)  [Eating Recovery Center](https://www.youtube.com/EatingRecoveryCenter)  [@EatingRecovery](https://twitter.com/EatingRecovery)



EATING DISORDERS FAMILY CONNECTION (EDFC)

A Facebook-based community for support persons of a loved one with an eating disorder.

Facebook.com/GroupsEatingDisordersFamilyConnection



SAY IT BRAVE COLLECTIVE

A group of advocates who work toward ending mental health stigma. Open to all.

EatingRecovery.com/Say-It-Brave



LOVE YOUR TREE ARTS PROGRAM

This creative arts program cultivates self-compassion, body acceptance and positive mental well-being through creativity and self-reflection. LoveYourTree.org



BLOGS AND EDUCATIONAL ARTICLES

Personal stories and clinical articles help support individuals on their path to mental wellness. EatingRecovery.com/Blog



Nonprofit Resources

National Suicide Prevention Lifeline

Call or Text: 988

National Eating Disorder Association Helpline

Call or text: 800-931-2237

National Alliance for Eating Disorders Support Groups
allianceforeatingdisorders.com

Project HEAL Resources
theprojectheal.org

FEDUP Resources
fedupcollective.org/resources

To learn more about free community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free consultation with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | EatingRecovery.com