



Eating
Recovery
Center

Caregiver's Checklist

GUIDING THROUGH EDUCATION,
RESOURCES AND COMMUNITY

Eating Recovery Center (ERC) 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 knowledge and confidence to be an active supporter. Offered weekly.

EatingRecovery.com/FamilyFriendsSeries



ATTEND STAY THE COURSE: PRACTICAL STEPS TO SUPPORT RECOVERY

For families and friends to prepare for their loved one's step down from higher level of care. Practical ideas provided. Offered monthly.

EatingRecovery.com/AftercareWellness



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

Designed to provide an overview of eating disorders, to examine their impact on individuals and to highlight resources available to families and caregivers. Offered biweekly.

[Eating Disorders 101: EatingRecovery.com/ED101](https://EatingRecovery.com/ED101)

[Eating Disorders 201: EatingRecovery.com/ED201](https://EatingRecovery.com/ED201)



UNLOCK ADDITIONAL RESOURCES

For extra education and support, [access additional tools and resources on the back of this flyer.](#)

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 | EatingRecovery.com

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 with 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.

[f Eating Recovery Center](https://www.facebook.com/EatingRecoveryCenter) [@EatingRecovery](https://www.instagram.com/EatingRecovery) [▶ Eating Recovery Center](https://www.youtube.com/EatingRecoveryCenter) [@EatingRecovery](https://www.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 Alliance for Eating Disorders Support Groups

allianceforeatingdisorders.com

Project HEAL Resources

theprojectheal.org

FEDUP Resources

fedupcollective.org/resources

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