



Caregiver's Checklist

GUIDING THROUGH EDUCATION,
RESOURCES AND COMMUNITY

We are here to 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 free for anyone with a loved one currently in our care.



RSVP FOR HOPE ORIENTATION

Our virtual Hope Orientation for Family & 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



DOWNLOAD THE FAMILY & FRIENDS RESOURCE GUIDE

Access the knowledge, tools and resources needed to support your loved one and yourself throughout treatment and recovery.

Simplebooklet.com/FamilyandFriendsResourceGuide



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 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

These presentations provide an overview of eating disorders, examine their impact on individuals and 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 CALENDAR AND ADDITIONAL RESOURCES

Access additional tools and resources on the back of this flyer.

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flyer with clickable links.

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FAMILY RESOURCES CALENDAR: WEEK AT A GLANCE

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>6-7 p.m. MT</p> <p>FAMILY & CAREGIVER SUPPORT GROUP: ADULT PATIENTS</p> <p>* Attend weekly</p> <p>EatingRecovery.com/SupportGroups</p>	<p>11. a.m. - 12 p.m. MT</p> <p>HOPE ORIENTATION</p> <p>* You only need to attend once</p> <p>EatingRecovery.com/HopeOrientation</p> <p>.....</p> <p>4-5 p.m. MT & 6:15-7:15 p.m. MT</p> <p>FAMILY & CAREGIVER SUPPORT GROUPS: CHILD & ADOLESCENT PATIENTS</p> <p>* Pick the group time that works best for your schedule. Attend weekly</p> <p>EatingRecovery.com/Support-Groups</p>	<p>10-11:30 a.m. MT CA</p> <p>1-2:30 p.m. MT ADULT</p> <p>VIRTUAL FAMILY & FRIENDS EDUCATION SERIES</p> <p>* Attend weekly</p> <p>EatingRecovery.com/FamilyFriendsSeries</p>	<p>10-11 a.m. MT</p> <p>2nd Saturday of the Month</p> <p>EATING DISORDERS 101</p> <p>* Attend at least once</p> <p>EatingRecovery.com/ED101</p> <p>.....</p> <p>10-11 a.m. MT</p> <p>* 4th Saturday of the Month</p> <p>EATING DISORDERS 201</p> <p>* Attend at least once</p> <p>EatingRecovery.com/ED201</p>

Note: This programming is available virtually across all ERC locations. For location-specific resources, please check with your treatment team. There is no ERC national family programming on Tuesdays and Fridays. Check out our events, podcast and other family resources for additional learning opportunities.

Supporting You Every Step of the Way: Additional Community Resources

COMMUNITY OUTREACH & EVENTS



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

Register for Upcoming Events:

EatingRecovery.com/Events

Watch Previous Events:

EatingRecovery.com/On-Demand-Events

MENTAL NOTE PODCAST



Episodes provide education and inspiration through in-depth conversations with select speakers and guests. MentalNotePodcast.com

EATING DISORDERS FAMILY CONNECTION (EDFC)



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

Facebook.com/GroupsEatingDisordersFamilyConnection

EDUCATIONAL ARTICLES



Personal stories and clinical perspectives help support individuals on their path to mental recovery.

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

ANAD Resources
anad.org

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