



WELCOME GUIDE

What is Eating Recovery Center Denver Family Days?

Family Days is an in-person, two-day event offered every month in Denver, Colorado. This event is for the education and care of all family members, caregivers and support people who have a loved one in treatment for an eating disorder at Eating Recovery Center (ERC). There is no cost to attend. Attendees are responsible for their own travel, transportation, meals and lodging.

Who should attend?

All family members, caregivers and support people of ERC patients can attend Family Days. Programming material is recommended for ages 16 and older. Families may participate as often as they would like, even after a loved one has left treatment. Please note that space is limited each month, and we ask that attendees RSVP.

Why attend Family Days?

Family Days is an invaluable opportunity to learn about and be involved in the treatment and recovery process. We believe in our patients' capacity to recover and know family is critically important in this process. Through group experiences led by our dynamic treatment team members, participants will:

- Meet with ERC teammates and members of your loved one's treatment team.
- Connect with other families and support people who can empathize with your experience.
- Learn how to better communicate and support your loved one.
- Deepen your understanding about the treatment and recovery journey.
- Feel empowered by knowledge, resources, connection and encouragement.
- Restore your hope!

We hope that, by the end of Family Days, you will have gained caregiver skills and feel empowered to support your loved one's treatment and recovery journey.

When is Family Days?

Family Days programming is on the second Thursday and Friday of every month.

What are the 2025 Family Days dates?

- March 13 & 14
- April 10 & 11
- May 8 & 9
- June 12 & 13
- July 17 & 18
- August 14 & 15
- September 11 & 12
- October 9 & 10
- November 13 & 14
- December 11 & 12

Where is Family Days held?

Programming takes place at the **ERC Denver Caregiver Learning Center** and the **ERC Denver treatment centers**.

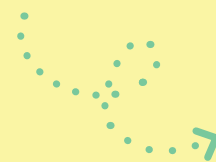
Next Steps

- Register by scanning QR code.
- Talk with your loved one's treatment team about scheduling an in-person family session while you are in Denver.
- Arrange accommodations – travel, hotel, transportation, etc. Please note that attendees are responsible for their own expenses.

How to Register

Scan the QR code to register for the next available date.

EatingRecovery.com/Events/ERC-Denver-Family-Days



ERC LOCATIONS

DENVER CAREGIVER LEARNING CENTER

351 E Lowry Blvd., Denver, CO 80230

ADULT TREATMENT CENTER – WILLOW

(IP and RES levels of care)

8199 E 1st Ave., Denver, CO 80230

ADULT TREATMENT CENTER – CONIFER

(PHP and IOP levels of care)

8190 E 1st Ave., Suite 105, Denver, CO 80230

CHILD & ADOLESCENT TREATMENT CENTER – JUNIPER

(IP, RES and PHP levels of care)

1830 Franklin St., Suite 500, Denver, CO 80218

PHP – Partial Hospitalization Program • IOP – Intensive Outpatient Program • IP – Inpatient Program • RES – Residential Program

If you have questions or need more information, please reach out to

ERCDenverFamilyDays@ERCPATHLIGHT.COM