

PARENT SUPPORT GROUP

This support group is for caregivers of loved ones with diagnosed eating disorders or where there may be concerns of disordered eating.

Participation in this group requires that caregivers have attended the Emotion Focused Family Therapy (EFFT) Caregiver workshop. The group will provide caregivers with the opportunity to build community and to further enhance skills that were introduced in the Caregiver workshops. The facilitated structure of the group will provide opportunities for participants to bring forward any areas where additional support might be needed and to share wins/challenges in utilization of EFFT skills with a peer group.

TIME: 12:00 – 1:00 PM

DAY: TBD

FREQUENCY: BIWEEKLY

DURATION OF MEETING: 1 HOUR

This group meets virtually

Biweekly attendance is not required to participate. Drop in welcome

To register, please contact Bea or Anna at bpowers-smith@narsf.org or avantol@narsf.org

