



Alumni Testimonial

“ I have been a patient at The Renfrew Center of Bethesda since September 2019. The six months that I have spent here have been some of the most enlightening of my life. I have struggled with my eating disorder for more than fifteen years. I am now in young adulthood, and managing the seemingly simple parts of life was becoming unbearable. Since September, **I have grown immensely, and my eating disorder is no longer controlling all aspects of my life.** I am addressing the emotions at the root of my disorder and challenging the harsh core beliefs that I have about myself.

The staff at Renfrew have been a huge part of the success I've had in overcoming my eating disorder symptoms. The therapists, psychiatrist, dietitians, interns, and support staff have all made a huge impact on my thoughts and attitudes toward myself and my body. I am so glad I took the leap of faith to go “all in” to treatment. I never gave myself the chance to address my needs and lean on others for support. **I have gained so much insight and confidence, as well as practical tools** to help me manage life when it throws curveballs.

If you are considering treatment, I encourage you give it a shot. It takes a lot of work, and I felt like giving up many times when I wasn't “seeing” progress. All I can say is the journey has been so worth it. **With the support I found at Renfrew, and the discharge plan they have helped me set up, I am able to continue to fight my disorder.** I am seeing so much light and hope in my life when all I used to know was darkness. Thank you, Renfrew, for everything you have done for me. Your gentle support and much needed (sometimes not so easy to hear) honest suggestions will stay with me for a long, long time.



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Alumna, The Renfrew Center of Bethesda

For more information about The Renfrew Center, please call 1-800-RENFREW (736-3739) or visit www.renfrewcenter.com.