



Alumni Testimonial

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I cannot begin to describe how The Renfrew Center of Los Angeles has changed my life. When I walked through the Renfrew doors in March 2019, I was riddled with anxiety and totally powerless over my eating disorder. My thinking was irrational, and I didn't know how to get out of it. I was gripped by fear, and isolated from my friends. I had to stop working. Things were not so rosy, and my life was small.

Through my work with Renfrew, I have found life again. I have been able to laugh, rediscover my values and reconnect with my family and friends. I have gone back to work, back to dating and back to being the girl I was always meant to be!

The treatment team at Renfrew has been so helpful. They are real people, fun to work with and I truly believe that they have my best interest in mind. They call me out when I need to be, and help me see things from a different perspective. Their rigorous work has inspired me to change fields and pursue a Master's degree in Psychology.

My heart is full of gratitude and I am so lucky to have found this gem of a center. **I will always hold this time at Renfrew close to my heart,** and it makes me happy to know that they are always here if I need it.



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*Lee • Alumna
The Renfrew Center of Los Angeles*