

# THE RENFREW CENTER'S RECOVERY WEBINAR SERIES

For those in recovery and those needing extra support in their recovery journey.

Wednesday, September 21, 2022  
12:00 pm - 1:00 pm (ET)

*Values Discovery in Recovery*

Presented By:



**Gaby DeParis,**  
MA, LAPC, NCC  
Primary Therapist &  
Alumni Representative,  
The Renfrew Center of Atlanta



**Raven Scott,**  
APC, MS, NCC  
Team Lead,  
The Renfrew Center of Atlanta

Wednesday, October 26, 2022  
12:00 pm - 1:00 pm (ET)

*"Trigger or Treat":*

*Recovery During Halloween*

Presented By:



**Erica Butler, LMFT**  
Site Director,  
The Renfrew Center of Charlotte

Wednesday, November 16, 2022  
12:00 pm - 1:00 pm (ET)

*The Body Image Toolkit: Building a  
Better Relationship with Your Body*

Presented By:



**Samantha DeCaro, PsyD**  
Director of Clinical Outreach  
and Education,  
The Renfrew Center

Wednesday, December 14, 2022  
12:00 pm - 1:00 pm (ET)

*Celebrating Self-Compassion: Tools for  
Recovery Through the Holiday Season*

Presented By:



**Samantha Orbke, LPC-MHSP**  
Team Lead & Alumni Representative,  
The Renfrew Center of Nashville

Webinar descriptions on back!

## TO REGISTER

Please visit [www.renfrewcenter.com/events](http://www.renfrewcenter.com/events)

For questions, contact [webinar@renfrewcenter.com](mailto:webinar@renfrewcenter.com).



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**Wednesday, September 21, 2022 • 12:00 pm - 1:00 pm (ET)**

## ***Values Discovery in Recovery***

Serving as a guide for human behavior, values are individual beliefs that motivate people to act one way or another. Values allow us to create meaning and purpose in our lives. However, our true values can be overtaken by body image distress, food fears and social anxieties. This webinar will explore methods to identify and define our values, differentiate between our personal values and values of the eating disorder, and explore how to live closer in alignment with our true values.

**Wednesday, October 26, 2022 • 12:00 pm - 1:00 pm (ET)**

## ***"Trigger or Treat": Recovery During Halloween***

Halloween is meant to be a fun time of year when you get to dress in costume, attend a Halloween party or potluck, and pass out candy. However, for some, it is a very stressful and anxiety provoking holiday. In this webinar, we will explore how to manage the emotions that arise when it comes to costume shopping, social gatherings, and increased candy availability. Furthermore, we will provide tips for managing alcohol consumption and making pro-recovery choices during Halloween.

**Wednesday, November 16, 2022 • 12:00 pm - 1:00 pm (ET)**

## ***The Body Image Toolkit: Building a Better Relationship with Your Body***

It's difficult to make peace with your body when living in a culture obsessed with appearance, weight, shape, and size. Join us as we explore how body image develops over time and how methods to try to improve the body often prove to be harmful. Highlighting the large quantity of products and industries in our culture designed to increase profits and decrease self-esteem, we will address how unhelpful patterns are created and maintained, provide tools to combat the inner critic, and offer practical methods to build a better relationship with your body.

**Wednesday, December 14, 2022 • 12:00 pm - 1:00 pm (ET)**

## ***Celebrating Self-Compassion: Tools for Recovery Through the Holiday Season***

The holiday season often brings moments of anticipation, joy, connection, and reflection. For those struggling with an eating disorder, that premise may be challenged by the reality of what previous 'celebrations' may have brought - repetitive family dynamics, unpleasant memories, feeling judged, traveling and/or increased food triggers. This webinar will explore self-compassion as a vehicle for navigating these challenging experiences. Attendees will learn practical strategies to better care for themselves and their recovery during this time and goals for the New Year.

*All webinars are moderated by Erin Birely, LCPC, Alumni Services Coordinator for The Renfrew Center.*



**For more information about The Renfrew Centers,  
please call 1-800-RENFREW (736-3739).**