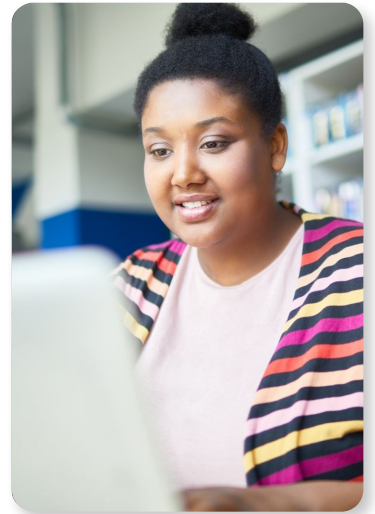


VIRTUAL SUPPORT GROUP FOR COLLEGE STUDENTS

Meets weekly on Tuesdays
3:30 pm - 4:30 pm ET

College life often brings with it complex and difficult paths to navigate for students, particularly for those struggling with disordered eating. Academics, social situations and new levels of independence are exciting and yet, at times, stressful.

The Renfrew Center is pleased to offer a **free** virtual support group to address the many challenges college students face while trying to balance recovery with their other ongoing responsibilities. Group members have opportunities to identify, share and affirm connections to themselves and others, building authentic and sustainable relationships.



Group discussion covers the following topics:

Nutrition and meal planning • Body image • Exercise culture • Utilizing supports
Social and dating relationships • Gender and identity exploration
Managing academics and stress • Self-care practices • Navigating family dynamics

Available for college students nationwide.

MORE INFORMATION

Email collegesupport@renfrewcenter.com

Call 1-800-RENFREW (736-3739)

Visit www.renfrewcenter.com.

