

THE RENFREW CENTER'S RECOVERY WEBINAR SERIES

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

Wednesday, September 18, 2024 • 12:00 pm - 1:00 pm (ET)

Loosening The Grip of Negative Body Image

Presented By: Susan Kleinman, BC-DMT, CEDS-C • The Renfrew Center of Florida

Resolving body image issues includes examining what lies underneath those negative perceptions and feelings. In this presentation, participants will have the opportunity to anchor in body and mind, exploring the impact of their perception of self on their life. This webinar will include an emphasis on living "in" rather than controlling the body.

SCAN TO REGISTER



Wednesday, October 16, 2024 • 12:00 pm - 1:00 pm (ET)

Voice of Inspiration: A Conversation With Alum Carli L.

Presented By: Erin Birely, LCPC & Carli L., Alum, The Renfrew Center

This webinar will capture a rich conversation between Renfrew Alumna Carli L. and Renfrew Alumni Services Coordinator, Erin Birely. Carli will first share her story of recovery, focusing on her experience of recovery in midlife and as a parent. Facilitated by Erin, attendees will have the opportunity to ask their own questions to Carli.

SCAN TO REGISTER



Wednesday, November 13, 2024 • 12:00 pm - 1:00 pm (ET)

Midlife Eating Disorders: When Aging and Diet Culture Collide

Presented By: Ashley Moser, LMFT, CEDS • The Renfrew Center

This webinar will examine the overlap of ageing and diet culture and the pressures facing those in midlife. Skills will be provided to attendees to navigate ageing and all those accompanying changes while staying connected to what matters most: values, well-being, and connection.

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Wednesday, December 4, 2024 • 12:00 pm - 1:00 pm (ET)

Holiday Hustle: Managing Stress Around the Holidays

Presented By: Erin Birely, LCPC • The Renfrew Center

This webinar will explore the stress that comes with the holiday season, including the impact the change in seasons can have on our physical, mental, and social wellbeing. This presentation will share strategies to manage holiday stress, such as setting boundaries, incorporating mindfulness, and leaning on supports.

SCAN TO REGISTER



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).

