



The Renfrew Center is offering a virtual support group for alumni of our Residential program as they move forward in their recovery.

**September 17th • October 22nd**  
**November 19th • December 17th**  
Groups are held on Tuesdays from  
4:00 pm - 5:00 pm (ET).

### Participants in this online group will:

- Discuss the unique challenges faced by those in eating disorder recovery after leaving residential treatment.
- Receive take-away tips to navigate relationships and prioritize self-care in the home environment.
- Review and practice the skills needed to cope with emotions in adaptive ways.

*Held online via Zoom. Attendees will need access to wi-fi, and a device with a camera, microphone and audio capabilities.*

**TO REGISTER:**  
[www.renfrewcenter.com/events](http://www.renfrewcenter.com/events)

### Space is limited.

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

Facilitated by:



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



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