



The Renfrew Center is offering a virtual support group for alumni from all levels of care as they move forward in their recovery.

**January 20th • February 17th • March 17th  
April 21st • May 19th • June 16th**

**Groups are held on Tuesdays from  
4:00 pm - 5:00 pm (ET).**

### Participants in this group will:

- Discuss the unique challenges faced by those in eating disorder recovery after leaving 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:



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Director of Clinical Outreach and  
Education, The Renfrew Center



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