

# THE RENFREW CENTER'S RECOVERY WEBINAR SERIES

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

Wednesday, May 20, 2026 • 12:00 pm - 1:00 pm (ET)

## *Seasons of Change: Coping with Eating Disorder Triggers in the Summer*

Seasonal transitions can be especially vulnerable times in recovery. As summer approaches, it may bring a sense of possibility and connection, while also introducing unique triggers that deserve thoughtful care and preparation. Changes in schedule, travel, sleep routines, camps, cookouts, vacations, “fear foods,” and warm weather clothing can heighten stress and body image concerns.

Walk away with practical tools to manage summer triggers, maintain recovery-focused routines, and approach the season with greater flexibility and resilience.

Presented by:



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### TO REGISTER

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

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

