

Free Virtual Monthly Support Group for The Renfrew Center's Alumni



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

**October 20th • November 17th
December 15th**

**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

Space is limited.

For questions, please contact alumni@renfrewcenter.com.

Facilitated by:



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