

## Messages from Group Families and Caregivers

"Families realize they are not alone with this illness, there are other families that are challenged as well"

"The group provided a safe place to talk, cry, laugh and just know it was ok to feel anyway I felt"

"The facilitators experience and knowledge are as good as a thousand books"

"My family truly appreciated the group...it was a God send to us"

"The parent co-facilitators can identify with what we are experiencing in our families"



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Eating Disorder Foundation of  
Newfoundland and Labrador

13-15 Pippy Place  
St. John's, NL A1B 3X2

(709) 722-0500 (Telephone)

1-855-722-0500 (Toll Free)

info@edfnl.ca

www.edfnl.ca

# Bridge to Hope Education and Support Group by Video Conference



EATING DISORDER FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

HOPE ALWAYS

## About the Group

The Eating Disorder Foundation of Newfoundland and Labrador offers this education and support group to families and caregivers of persons living with an eating disorder.

The 8-week group provides support, education and hope to those supporting a loved one struggling with an eating disorder.

## Group Overview

During the 8-week group we invite health professionals with expertise in the area of eating disorders to speak with families and caregivers and answer any questions they may have.

Health professionals including Doctor, Psychiatrist, Dietitian, Psychologist and Social Worker.

We also invite some experienced families and caregivers to share their stories of supporting a loved one with an eating disorder. They share what they found helped them and what they learned.

## Benefits of the Group

- Provides hope to families and caregivers and helps them feel less alone
- Confidential environment to share common issues and concerns
- Opportunity to talk to and ask questions of professionals that are experts in the field of eating disorders
- Families and caregivers can handle extra stress for a short term but this can be a long-term illness and they need support to get through it

## How to Register

Please contact [cathy@edfnl.ca](mailto:cathy@edfnl.ca)

Group runs from 7:00 – 8:30pm over 8 consecutive Tuesday evenings.

Offered via videoconferencing – Zoom

