

Caregiver's Checklist

Guiding through education, resources and community

Your role as a family member or friend supporting a loved one in recovery matters – and Eating Recovery Center (ERC) is here to guide you every step of the way. Follow the checklist below for your next steps. All services are free for anyone with a loved one currently or previously in our care.



RSVP for HOPE Orientation

Helps you establish a strong beginning, middle and end of your time with us as we cover all the basics. Offered weekly (only need to attend once).

EatingRecovery.com/HopeOrientation



Download the Family & Friends Resource Guide

Access the knowledge, tools and resources needed to support your loved one and yourself throughout treatment and recovery.

EatingRecovery.com/FamilyFriendsResourceGuide



Register for a Virtual Family & Friends Education Session

These sessions put you in the driver's seat with the necessary knowledge and confidence to be an active supporter. Offered weekly.

EatingRecovery.com/FamilyFriendsSeries



Attend a Caregiver Support Group

Join our weekly virtual groups to connect with other caregivers in a nurturing and supportive environment. To learn more about our support groups and register, visit

EatingRecovery.com/Support-Groups



Join Eating Disorders 101 and 201

These presentations provide an overview of eating disorders, examine their impact on individuals and highlight resources available to families and caregivers. Offered biweekly.

Eating Disorders 101: EatingRecovery.com/ED101

Eating Disorders 201: EatingRecovery.com/ED201



Unlock Calendar and Additional Resources

Access additional tools and resources on the back of this flyer.



View a digital version of this flyer with clickable links.

Scan Me!



FAMILY RESOURCES CALENDAR: WEEK AT A GLANCE

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>6-7 PM MT</p> <p>FAMILY & CAREGIVER SUPPORT GROUP: ADULT PATIENTS</p> <p>* Attend weekly</p> <p>EatingRecovery.com/Support-Groups</p>	<p>11 AM - 12 PM MT</p> <p>HOPE ORIENTATION</p> <p>* You only need to attend once</p> <p>EatingRecovery.com/HopeOrientation</p> <hr/> <p>4-5 PM MT & 6:15-7:15 PM MT</p> <p>FAMILY & CAREGIVER SUPPORT GROUPS: CHILD & ADOLESCENT PATIENTS</p> <p>* Pick the group time that works best for your schedule. Attend weekly</p> <p>EatingRecovery.com/Support-Groups</p>	<p>10-11:30 AM MT CA</p> <p>1-2:30 PM. MT ADULT</p> <p>VIRTUAL FAMILY & FRIENDS EDUCATION SERIES</p> <p>* Attend weekly</p> <p>EatingRecovery.com/FamilyFriendsSeries</p>	<p>10-11 AM MT</p> <p>2nd Saturday of the month</p> <p>EATING DISORDERS 101</p> <p>* Attend at least once</p> <p>EatingRecovery.com/ED101</p> <hr/> <p>10-11 AM MT</p> <p>* 4th Saturday of the month</p> <p>EATING DISORDERS 201</p> <p>* Attend at least once</p> <p>EatingRecovery.com/ED201</p>

Note: This programming is available virtually across all ERC locations. For location-specific resources, please check with your treatment team. There is no ERC national family programming on Tuesdays and Fridays. Check out our events, podcast and other family resources for additional learning opportunities.

Supporting You Every Step of the Way: Additional Community Resources

Community Outreach & Events

ERC engages with local, regional and national organizations to host events for alumni, support persons and community advocates.

Register for Upcoming Events:

EatingRecovery.com/Events

Watch Previous Events:

EatingRecovery.com/On-Demand-Events

Mental Note Podcast

Episodes provide education and inspiration through in-depth conversations with select speakers and guests.

MentalNotePodcast.com

Eating Disorders Family Connection (EDFC)

A Facebook-based community for support persons of a loved one with an eating disorder.

Facebook.com/groupeatingdisordersfamilyconnection

Educational Articles

Personal stories and clinical perspectives help support individuals on their path to mental recovery.

EatingRecovery.com/Blog

Scan to access these valuable resources and more.



Nonprofit Resources

National Suicide Prevention Lifeline
Call or text: 988

National Alliance for Eating Disorders Support Groups
allianceforeatingdisorders.com

Project HEAL Resources
theprojectheal.org

FEDUP Resources
fedupcollective.org/resources

ANAD Resources
anad.org

Call **1-877-825-8584** to schedule a free consultation with a master's-level clinician.

Email Resources@ERCPATHLIGHT.COM for free community resources.

EatingRecovery.com