

## A Message From the Partners of Hope

*"Being able to talk and discuss with others in my same situation has made this journey far more easier for me"*

*"Its helped me to take better care of myself and to be helpful to my partner in her recovery"*

*"By coming together, the encouragement from others , to get others views on how to deal with difficult situations .. It gives comfort"*

*"You can bring your heartache to the group and your joy to the group. You will get support"*

*"There is hope to overcome the Eating Disorder ... and to enjoy life again"*

## General Inquiries:



Eastern  
Health

Renata Elizabeth Withers  
Centre for  
**HOPE**

**HOPE Program**  
35 Major's Path , Suite 101  
St. John's NL A1A 4Z9

**Phone: 709-777-2041**  
**Fax: 709-777-2042**

Renata Elizabeth Withers  
Centre for  
**HOPE**



**PARTNERS  
OF  
HOPE**

**" Those who  
have hope have  
everything"**

Margaret Boyd

## Partners of Hope



To support partners of persons living with an eating disorder, the Centre for HOPE offers the Partners of Hope group. This monthly group provides support, education, and hope to partners who are assisting their loved ones on the journey to wellness.

### Becoming Involved

- Completion of the Bridge to Hope education group is required.
- Male and female partners welcomed
- Join at anytime

## Benefits of the Group

- Mutual support from other partners
- Opportunity to learn to care for yourself, while supporting your loved one.
- Safe environment to share experiences and concerns
- Opportunity to identify and discuss common issues
- On-going education
- Opportunity for advocacy



## When and Where do we meet?

- Monthly meetings take place at the Centre for HOPE on Major's Path.
- 7:00pm—9:00pm
- Refreshments provided

### Please contact:

Nancy White, MSW, RSW  
Social Worker  
Center for Hope  
Phone: 709-777-2041