

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 is 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"



Proudly Supported by:

BellAliant

Walmart 

Printing Provided by:

NEWFOUNDLAND
POWER
A FORTIS COMPANY

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)

(709) 722-0552 (Fax)

info@edfnl.ca

www.edfnl.ca

Bridge to Hope

Education

and

Support

Group



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

To start the intake process please contact Patricia Nash at patricia@edfnl.ca

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

Offered via videoconferencing – Zoom



Group Facilitators

Patricia Nash, Counselor

Cathy Skinner, Program Coordinator

Both Patricia and Cathy bring their lived experience of supporting a loved one with an eating disorder.