DOING LIFE
A Virtual Eating Disorder Recovery Group for Women

We need each other now more than ever! As we all try to cope with the current lifestyle changes created by the pandemic we are faced with new challenges on a daily basis. This group will bring us together in an effort to provide support and connection with others, and strengthen our commitment to recovery.

Mondays
6:00pm – 7:00pm
$120.00 per month
Beginning May 11, 2020

Topics to include (but not limited to):

• Ways pandemic effects and restrictions may be increasing eating disorder thoughts and behaviors.
• Lifestyle changes that affect our relationship with ourselves and others.
• Identifying triggers to eating disorder behaviors.
• The effects of fear, uncertainty and isolation on eating disorder behaviors.
• Staying positive and productive in challenging times.
• Defining healthy ways to cope, and identifying healthy behaviors during challenging and stressful times.
• Healthy ways to reduce isolation and loneliness.

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About the facilitator: Terryann Sanders, LMFT is a Certified Eating Disorder Specialist and Co-founder of the Eating Disorder Collaborative. She has been treating individuals and families with eating disorders for over 15 years. Terryann believes that recovery from an eating disorder is about increasing positive experience by acting skillfully and finding personal meaning in one’s life.