

EDRC PRESENTS

A SIBLING SHARES WHAT IT IS LIKE TO HAVE A SISTER WITH AN EATING DISORDER



SATURDAY, MAY 22, 2021

9:30 – 11 AM

My name is Antara and I'm currently a junior in high school. My older sister has struggled with anorexia for the past five years. Now, one year into recovery, she is doing very well. While my sister and I have always been close, her eating disorder brought distance in our relationship. Eating disorders also create a lot of tension in the family. Shouting matches over food were frequent, and meal times became chaotic and stressful. Sometimes, I felt like I was walking on eggshells; trying not to disturb the unstable atmosphere in the house. When my sister's eating disorder was at its worst, I couldn't recognize the person she had become. An eating disorder takes a large toll on the entire family, especially on siblings. Dealing with my sister's illness was both exhausting and painful. I want other siblings to know they are not alone and most of all, that they deserve support as well.

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(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)



Please send your questions to nancy@edrcsv.org. These will be sent to her ahead of time so she can address them on May 22nd.