

ADVANCED EATING DISORDER THERAPY GROUP



Are you really okay?

Eating Disorders don't go away because treatment or therapy are done; they also don't go away on their own.

Continue Your Support!

Advanced Recovery Group is designed for men & women working towards a solid recovery or living a recovered lifestyle. Supporting healthy living and investigating where the eating disorder gets in the way are key to pushing that disorder away.

You don't have to be "recovered". You don't have to be "okay". You just have to want to work towards it.



New Group Begins November 4th!

Part 1: 6 weeks
Saturdays, Nov 4 - Dec 9

Are you walking a fine line
between recovery and
relapse?

Would it help to meet other
people who share or
understand and share your
struggles?

Are you looking to kickstart
your recovery?

Have you tried counselling but
still feel stuck?

Are you out of the hospital?
Out of treatment?
Out of support?

Contact Lauren at
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