

Do you know and care for someone struggling with an eating disorder?

WE CAN HELP.

Our support group helps **parents, spouses, and family members** concerned for a loved one struggling with an eating disorder.

The **Silver Linings Foundation**, in partnership with the **Canadian Mental Health Association of Calgary**, offers an 8 week support group for parents and loved ones coping with the many challenges of caring for someone with an eating disorder.

Participants Will...

- Develop skills to support their loved ones
- Learn strategies and techniques for care from experienced therapists
- Share experiences and successes with others facing similar struggles

Join Us!

Mondays, 6:30PM to 8:00PM

March 16 - May 4

Kahanoff Centre, 105 12 Avenue SE

REGISTER BY CALLING 403-297-1700 (MON-FRI, 9:00AM TO 4:30PM)

Ask to register for the Eating Disorder Family Support Group.



For more information, visit:
www.silverliningsfoundation.ca/help