

## C.A.R.A Group

### Caregivers Are Recovery Allies

At the Alberta Wellness Center for Eating Disorders, we believe every parent and caregiver wants to, and has the capacity to, help their child heal and recover from their eating disorder. We have created this group to help caregivers feel confident in their ability to help.

This group will provide caregivers with information that is foundational to understanding eating disorders. We believe that information is power and we equip caregivers with the information they need to feel knowledgeable about the illness their loved one is struggling with.

We also help caregivers build their recovery tool box by teaching specific, evidence based skills that have been shown to improve recovery outcomes.

Each week, the 1-hour online session will cover essential topics to build both understanding of this complex illness, and the ways caregivers can support recovery; while still taking care of their own wellbeing. Time will also be allotted for participants to supportively share, in a guided manner, to build connection and hope.

This group will be facilitated by Sue Huff. Sue understands the emotional toll eating disorders take on the entire family and brings a wealth of personal and professional knowledge about eating disorders. She is a trained family peer supporter and caregiver coach, the author of a book on families overcoming eating disorders, the former Executive Director for the Eating Disorder Support Network of Alberta, and the parent of a child in recovery from Anorexia.

Topics Covered: understanding eating disorders, emotion coaching and communication, healthy boundaries, stigma and talking to others about the illness, self care and self compassion, how to avoid caregiver burnout, resources, and impacts on siblings and other family members. As part of the intake process, Sue will also gather input from participants about additional topics they would like to discuss.

**Maximum group size:** 10

**Length:** 8 weeks

**Open to:** Anyone who is supporting a loved one with an eating disorder (18+), anywhere in Canada or USA

**Times/Dates:** Wednesday Evenings, 7:00-8:00 PM MST (Virtual - Zoom)

**Start date:** April 13<sup>th</sup> – June 1<sup>st</sup>, 2022

**Cost:** \$240 +GST per person or \$350 +GST per couple / co-parent dyad

**To Register:** Call 780-977-7062 or email [albertawellnessed@gmail.com](mailto:albertawellnessed@gmail.com)