

CARING FOR THE CARERS: EATING DISORDER SUPPORT CIRCLE

The Harold C. Schott Eating Disorder program welcomes family members, partners, and friends to participate in a weekly support group designed to support caregivers of individuals with eating disorders.

Introduction into Eating Disorders / Caring for the Carers: Eating Disorder Support Circle

This group is focused on providing basic information about eating disorders and how to support a loved one through recovery. The group follows a structured curriculum providing psychological, nutritional, and medical information about eating disorders and discussions of treatment protocols. After completing the 4-week introduction, group members are invited to continue in the general Caring for the Carers: Eating Disorder Support Circle which will provide space for individuals to share their experiences and process the challenges of supporting someone through recovery. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program. For the protection of patients and families, confidentiality is expected within this group.

Location: Via Zoom

Dates/Times: Tuesdays, 4:00–5:00 pm

Caring for the Carers: Eating Disorder Support Circle

This group will offer education, support, and feedback for families as well as a caring and safe environment to express concerns. Group members will have space to share their experiences, challenges, and feelings with others who truly understand the complexities of supporting someone through recovery. The focus of the group is to provide emotional support, practical resources, and guidance to help individuals navigate the journey alongside their loved one while also taking care of their own well-being. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program. For the protection of patients and families, confidentiality is expected within this group.

Location: Via Zoom

Dates/Times: Wednesdays, 4:00 – 5:00 pm

How to join:

Contact us directly if you are planning to attend.
For additional information or if you plan to attend,
contact Cat Lane (Tues. session) or Mary Schuh (Wed. session)
at (513) 536-0214



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