

Eating Disorders 101 and 201

Practical Ideas and Hands-on Resources



If you need a jump-start or a reminder of the basics of eating disorders and the recovery process, these sessions are for you. In a relaxed environment with a relatable presenter, you'll learn what eating disorders are, how they impact the person struggling, what treatment looks like and what to expect during the recovery journey.

WHO IS THIS EVENT FOR?

Anyone is welcome to attend, but we have designed the courses with these groups in mind:

- School professionals
- Community members
- Family, friends and caregivers supporting a loved one in their recovery journey

Professionals looking for CE credits will get 1 hour per session.
To learn more, visit EatingRecovery.com/Accreditation



- **EATING DISORDERS 101**
 - 2nd Saturday of each month
 - 8-9 a.m. MT
- **EATING DISORDERS 201**
 - 4th Saturday of each month
 - 8-9 a.m. MT

These events are **FREE** of charge.

REGISTER NOW.

- 1 Scan the QR code to easily register.
- 2 Select your event.
- 3 Click "Register Now."



WHAT ATTENDEES ARE SAYING...

Thank you! Wonderful presentation. I look forward to directing families and caregivers to this presentation in the future.

— THERAPIST, LISW, CEDS-S

Outstanding presentation! One of the BEST webinars I have attended since COVID started and I have attended a lot of webinars!

— SCHOOL COUNSELOR

I could have used a presentation like this as an overview as soon as my child started treatment for an eating disorder.

— PARENT



About Beth Ayn Stansfield, MEd

Beth Ayn has worked for over 35 years as an educator, behavioral specialist, counselor and administrator in the field of education. In addition, she served as adjunct faculty at Virginia Commonwealth University in their department of education.

While supporting her daughter through recovery, Beth Ayn began training in the field of eating disorders. She is the founder of Stay Strong Virginia, a 501(c)(3) that provides resources to professionals, the community and caregivers across the Commonwealth of Virginia. On a national level, Beth Ayn holds the title of national family advocate for Eating Recovery Center. In addition, she formerly served as the educational chair for the Richmond chapter of the International Association of Eating Disorder Professionals.



EatingRecovery.com



If you're interested in learning more about these courses, please email
Beth Ayn at Elisabeth.Stansfield@ERCPATHLIGHT.COM

Practical Support for Schools and Families

If you know someone struggling with an eating disorder, it can be hard to figure out how to help. Here are free resources to make a meaningful difference.







RESOURCES FOR SCHOOL PROFESSIONALS

- **Help parents take action** by sharing our admissions line: 877-825-8584
- **Learn more about eating disorders**, including causes, early intervention and where to find support:
 - **Join Eating Disorders 101 and 201**, live virtual events (see details on front)
 - **Download the Resource Guide** to build upon your knowledge of eating disorders, the recovery process and where to find support [Scan QR code to download](#) 
 - **Explore continuing education courses** covering topics like school refusal, eating disorders in kids and teens, and the impact of social media on body image [Scan QR code to view CE courses](#) 



RESOURCES FOR FAMILIES

- **Learn how treatment can support your loved one** by calling our admissions line: 877-825-8584
- **Get your questions answered** in our monthly Q&A, *What's Treatment Really Like?*
[Scan QR code to sign up for an upcoming session](#) or [watch a previously recorded event here](#)  
- **Connect with other parents and caregivers** who understand what you're going through
 - **Virtual support groups for families** Wednesdays at 4 p.m. MT or 6:15 p.m. MT [Scan QR code to join](#) 
 - **Private Facebook group: Eating Disorders Family Connection** [Scan QR code to join](#) 
- **Join Eating Disorders 101 and 201** to better understand what your child may be experiencing (see details on front)

Have questions? Call 877-825-8584 today

A master's-level clinician will be on the other end to help you find the exact support your student or loved one needs.

To learn more about free community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free assessment with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | [EatingRecovery.com](https://www.EatingRecovery.com)