



Eating Disorder Recovery in Pregnancy & Postpartum Support Group

A THERAPIST-LED SUPPORT GROUP FOR BIRTHING PARENTS



Facilitated by:

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WHY?

- EDs don't just stop when you have a baby/ are expecting one
- Pregnancy and PP are times of increased body image triggers due to rapidly changing bodies, birthing experiences, loss of autonomy, relationship changes and identity shifts
- Lack of support and understanding for EDs during this time period, leaving new and expecting parents to suffer in isolation

DETAILS:

Where: Virtual via Zoom

When: Fridays at 12pm PST, starting Oct. 4th and ending Dec. 13th 2024

Who: People in ED Recovery who are trying to conceive, pregnant or within a year postpartum! (10 participants max, all genders welcome, open worldwide)

Cost: \$60 per group (limited sliding scale available)

6 week cycle 10/4/24- 12/13/24

[HTTPS://FORMS.GLE/K4FDLPQFEHV4AB5X6](https://forms.gle/K4FDLPQFEHV4AB5X6)

LINK TO SIGN UP