



# FED<sup>®</sup> WEEKLY SUPPORT GROUP

(FRIENDS AND FAMILY OF THOSE WITH EATING DISORDERS)

**FRIDAYS 12:30 - 2 PM • FREE**

## WHAT IS FED?

FED (Friends and Family of those with Eating Disorders) is a support group designed to provide education, resources, and emotional support to those in relationships with people diagnosed with or exhibiting signs of anorexia, bulimia, ARFID, binge eating, and atypical eating disorders. The group is appropriate for loved ones and support people of those at any stage of an eating disorder... even if there are only early warning signs. Two seasoned clinicians and eating disorder program directors with over 60 years of combined experience in this specialty facilitate this FREE community support group.

## COME LEARN:

- *What are eating disorders and what makes people prone to them?*
- *How to tell the difference between dieting/disordered eating/preoccupation with body image vs. more serious issues.*
- *How to address concerns about eating disorders with your loved one.*
- *How to more effectively communicate about the disordered behavior.*
- *What is the difference between support and enabling?*
- *What to say and do/what not to say and do when supporting someone with an eating disorder.*
- *How to set appropriate boundaries.*
- *How do I stay sane and healthy when a loved one is struggling with an eating disorder?*
- *How/when to get help...next steps.*
- *How to find additional resources in the community.*

**Please call before attending (and/or to ask any questions):**

**Ephrat L. Lipton, LCSW, BCD, CEDS (404) 202-0932  
or Dr. Anne Moore (404) 277-7992**



**EPHRAT LIPTON, LCSW**



**ANNE MOORE, PsyD**

Ephrat L. Lipton, LCSW and Anne Moore, PsyD are psychotherapists specializing in eating disorders for for nearly 30 years. They have both been program directors of eating disorder treatment facilities and work collaboratively with psychiatrists, physicians, dieticians, and other therapists in the community as part of a private practice treatment team. Ephrat Lipton is a certified eating disorder specialist in private practice and is co-owner and managing partner of Atlanta Center for Wellness, LLC, a group private practice with a multi-disciplinary team. Dr. Anne Moore is a psychologist in private practice at Atlanta Center for Wellness. She is also a consultant to treatment centers in the community.



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