



Comprehensive Outpatient Program for Eating Disorders at AC4W

FED[®] WEEKLY SUPPORT GROUP

(FRIENDS AND FAMILY OF THOSE WITH EATING DISORDERS)

FRIDAYS 12:30 - 2 PM • FREE • CURRENTLY ON ZOOM

WHAT IS FED?

FED (Friends and Family of those with Eating Disorders) is a FREE community 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. People whose loved ones are in treatment and/or those doing Family Based Treatment (FBT) are also welcome!

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 or text for the zoom info
(and/or to ask any questions):
Ephrat L. Lipton, LCSW, BCD, CEDS (404) 202-0932**



**EPHRAT LIPTON,
LCSW, BCD, CEDS**

Ephrat L. Lipton, LCSW, BCD, CEDS is a psychotherapist specializing in eating disorders for over 30 years. She has been a program director of an eating disorder treatment facility, and works collaboratively with psychiatrists, physicians, dietitians, and other clinicians in the community as part of a private practice treatment team. Ephrat 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. She is also co-creator of the COPE[™] program, the comprehensive outpatient program for eating disorders at Atlanta Center for Wellness. Ephrat serves as a consultant to treatment providers and treatment centers in the Atlanta community and nationally.



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