



Carolina Resource Center for Eating Disorders

CRC for ED Family Support Group (FSG)

All CRC for ED support groups are peer-led, facilitated by licensed therapists and dietitians, open to the public, and provided at no cost to attendees.

Family Support Group (FSG)

Loved ones

1st & 3rd Mondays

5:30-7:30 pm

CRC for ED's Family Support Group is intended to meet the needs of family members and friends of loved ones struggling with an eating disorder. This group is facilitated and offers support, feedback, and a caring and safe environment where you may talk openly with others who are sharing a similar experience. Group members are welcome to express concerns and share thoughts and feelings and, while participation by all attendees is encouraged, silence is respected.

FSG Guidelines

As a participant in the FSG, I agree to the following:

- The purpose of this group is to support one another with coping strategies that effectively promote wellness.
- It is strongly recommend that participants use this support group as an adjunct to individual or group therapy as support groups are in no way a substitute for individual therapy or a higher level of treatment.
- Each group member is responsible for their own healing.
- The confidentiality of each group member will be respected. Any concerns regarding privacy will be discussed in the group.
- Each group member will be an active participant by listening attentively and discussing the subject matter with other group members as appropriate.
- The group will make all efforts to support one another in a positive manner, using respectful language and tone.
- Group members are expected share their own experience rather than give advice to others.
- Group members may share their phone numbers with each other at their own discretion.

- If the group facilitator has concerns about the health and well-being of a specific group member, they may request that the individual seek additional support and/or a higher level of treatment in the community in order to continue to be involved in FSG.
- In order to provide essential data and encourage continuity of support for participants, the group facilitator will be in contact with CRC for ED's Executive Director to share information after each group meeting.
- If a group member states that they are at risk to harm themselves or others, the group facilitator will take action to ensure safety.

This is a free support group and it meets on the 1st and 3rd Monday every month from 5:30-6:30pm. Group begins promptly at 5:30pm so please arrive on time or early. Those who choose may arrive even earlier to visit T.H.E. Center's office (#250) to look through resource materials and our lending library.

Group will not take place on national holidays or in the event of inclement weather. Whenever possible we will update the website and social media and we will send out e-newsletters with any group schedule changes. With regard to weather cancellations, when in doubt, we will align with the AB-Tech schedule as announced in the media.