Eating Disorder Recovery Group

MISSION: To provide a safe, loving place for those who struggle with eating disorders and/or those who care for them to vocalize their challenges and temptations; to find love, encouragement, and support from others with similar struggles; to receive regular and necessary accountability along the road of recovery, and to consistently be pointed to absolute truth in light of God's Word.

ACKNOWLEDGEMENTS

- This is a recovery support group. It is not a replacement for individual counseling and should not be considered as such. Members who are not currently receiving individual counseling will receive assistance in connecting with a counselor.
- Each member’s right to anonymity outside of group will be respected.
- Snacking is discouraged given the nature of open discussion and associated triggers. Library regulations state the only liquid permitted is water (must be covered/capped).
- Numbers or detailed descriptions of behaviors are not appropriate in group settings and will not be permitted. (Use phrases such as "engaged in a behavior" when necessary.)
- Uplifting words are expected; profanity and disrespectful comments will not be tolerated.
- Although there is a time for empathy during times of vulnerability, the entirety of group time will not be given to a pattern of lamenting or defeatism.
- The facilitator is responsible for ensuring the safety of the group and will redirect conversations when necessary with the expectation that all will comply. Members who cannot respect the facilitator's direction will be asked to suspend their attendance until such time as they are ready to do so.
- The Bible provides thorough guidance and instruction for all things. As such, it is the ultimate authority and source of truth. It will be used consistently to challenge lies and disordered thinking, and most importantly, to keep our eyes fixed upon Jesus.

Signed: ________________________________ Date: ______________

My signature acknowledges my receipt of and agreement to these terms.

"And you will know the truth, and the truth will set you free." John 8:32