

THIRD QUARTER 2015

EDCT UPDATE

A QUARTERLY REPORT



EATING
DISORDERS
COALITION of
TENNESSEE

THANK YOU FOR BELIEVING IN EDCT! TOGETHER, IN Q3 2015, WE...

HELD
27
SUPPORT GROUP MEETINGS
for individuals & family members who are affected by eating disorders

TOOK PART IN **2**
COMMUNITY OUTREACH EVENTS

Provided training to

40
PROFESSIONALS FOR RECOGNIZING EATING DISORDERS
in the school & youth group settings

Participated in the **TENNESSEE LEADERSHIP INSTITUTE** for **SCHOOL COUNSELORS & ADMINISTRATORS**

HELPED
39
INDIVIDUALS find treatment resources

LAUNCHED EDCT'S PARTNERS IN RECOVERY (PIR) PROGRAM

LED
67
INDIVIDUALS through the **BODY PROJECT** in Memphis & Nashville to develop and encourage positive body image

HOSTED **2** **THERAPEUTIC YOGA CLASSES** for individuals in recovery from an eating disorder

Held **2** **LUNCH & LEARNS** for school counselors & other professionals in Nashville & Chattanooga, TN

PROVIDED **24** **FREE ART THERAPY GROUPS** IN **NASHVILLE & CHATTANOOGA** THROUGH OUR **PaintED** program

Began planning for **OUR NEW SIGNATURE FUNDRAISER** *Noted* which will be held on February 18, 2016 at **CITY WINERY** in Nashville, TN

STAY TUNED!

10.5:
Q4 PaintED groups begin in Chattanooga

10.30:
12th Annual Forum for Professionals

11.4:
Q4 PaintED groups begin in Nashville

11.5:
Memphis Body Project group begins

11.14:
Speakers Bureau Training

2.18.16:
Noted: Songs, Sips, and Stories Benefitting EDCT

PARTNERS IN RECOVERY

Eating disorders are an isolating and lonely experience. In an effort to promote hope, help and support, we have launched a new program called Partners in Recovery or PIR. The PIR program connects those struggling with an eating disorder to a trained volunteer who is in recovery and can provide a listening ear. By sharing personal stories of their own struggle, the partners can offer advice and encouragement on the road to recovery. Sometimes just having someone who "has been there" is a tremendous help in decreasing feelings of isolation.

LEARN MORE: EDCT.NET/PROGRAMS/PARTNERS_IN_RECOVERY

THE BIG SURPRISE - COMING JANUARY 2016!

EATING DISORDERS COALITION of TENNESSEE

WHAT IS IT LIKE TO EXPERIENCE THE BODY PROJECT?

“The Body Project helped me love and accept my body faster than ten therapy sessions.” - Jessica K.

“The Body Project was amazing and has changed my life and my perspective on food and eating - I think every woman should go through it!” - Anonymous

“I’ll be sharing what I’ve learned with all the women in my life - parents, siblings, nieces, friends, co-workers, workout buddies, and someday my children.” - Amber A.

WE COULDN'T DO IT WITHOUT YOU!

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615.831.9838 | www.edct.net/Donations