



WHAT'S TREATMENT REALLY LIKE?

An ERC Pathlight Q&A Event

If you have questions about treatment for eating disorders or mood and anxiety disorders, we're here to help. Drop in to this complimentary monthly virtual event featuring an overview of treatment at Eating Recovery Center and Pathlight Mood & Anxiety Center (ERC Pathlight), followed by a live Q&A session with our experts.

AT THE END OF THE EVENT, YOU'LL TAKE AWAY:

A better understanding of what treatment looks like, including:

- ✓ The various levels of care
- ✓ The different stages of treatment
- ✓ The treatment team and how loved ones are involved

Tips for managing common treatment concerns, such as:

- ✓ How to manage the admissions process
- ✓ How to navigate insurance
- ✓ How to balance responsibilities during treatment (work, family, school, etc.)

Answers to YOUR specific questions about treatment for yourself or your loved one



MARK YOUR CALENDAR

DATE

First Tuesday of every month*

TIME

12:00 - 1:00 pm MT

(30-minute presentation followed by 30-minute Q&A)

All Are Welcome To Attend At No Cost

*Except in months when a holiday impacts the date

— SIGN UP HERE! —

Please contact Resources@ERCPathlight.com with any questions about this event.

To learn more about free community resources and education, email Resources@ERCPathlight.com

Contact us to schedule a free assessment with an experienced mental health professional. 1-877-825-8584 | EatingRecovery.com | PathlightBH.com