

EATING DISORDER RECOVERY IN PREGNANCY & POSTPARTUM

a radical process group for birthing parents

What: a process and support group for pregnant and postpartum people in eating disorder recovery hosted by eating disorder specialist

Allyson Inez Ford, LPCC

Where: Virtual via Zoom

When: Beginning in early June, Date/Time TBD

Who: People in Eating Disorder Recovery who are pregnant or within a year post partum! (8 participants max, all genders welcome)

Cost: \$70 per group/ 6 week cycle

Apply here or scan the code to the right:
<https://quiix8zs.paperform.co>



EATING DISORDER RECOVERY PROCESS GROUP

For pregnant and postpartum people

Topics will be co-created with group participants but are likely to include:

- Coping with body changes and the pressure to bounce back
- The loss of bodily autonomy to the medical industrial complex and establishing agency
- Coping with societal expectations of motherhood and strengthening self trust
- Coping with the loss of identity as a new mother, grieving who you once were
- Birth trauma and the body
- Harm Reduction in ED's
- Safeguarding your recovery

Apply here or scan the code to the right:
<https://quiix8zs.paperform.co>

