

Dear Partners in Care,

I wanted to reach out to provide you with some awesome virtual resources for both you and your clients. This time of isolation has been challenging for all of us, even more so for our clients who are struggling with an eating disorder. Our goal at Refresh Mental Health is to help bridge this gap. I hope your clients will be able to join us for our weekly support group, Facebook live readings and virtual tour of Fairhaven Treatment Center.

As your national point of contact, please, never hesitate to reach out to me with any questions or concerns. I would love the opportunity to meet via Zoom to discuss any concerns, referrals or questions about our programming. Please feel free to connect with me via phone or email to schedule a time.

Be well,  
Ian

**Ian McPhee**  
Vice President of Marketing & Business Development,  
Eating Disorders  
Refresh Mental Health  
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WEEKLY CONNECTIONS, A FREE WEEKLY ONLINE SUPPORT GROUP




These times of isolation are difficult, they are even more challenging for those who are struggling with an eating disorder. Please join Evolve Healing for our free online support group every Friday at 11:00 AM CST. This group provides coaching, support, accountability and education.





Join us Fridays at 11:00 AM CST via Zoom at:  
<https://zoom.us/j/749502840>  
Meeting ID: 749 502 840



MAN UP


TO EATING DISORDERS


*A memoir and self-help book for men and boys struggling with body image, self-esteem, fat shaming, and eating disorders*

ANDREW WALEN, LCSW-C

JOIN  
**ANDREW WALEN**  
LCSW-C, CEDS

For a live reading from a chapter from his book, "Man Up To Eating Disorders," daily at 1:00 PM EST via Facebook live. To join, please visit the link below!





[HTTPS://WWW.FACEBOOK.COM/THEBODYIMAGETHERAPYCENTER/](https://www.facebook.com/thebodyimagetherapycenter/)



Virtually Tour  
our  
Residential Treatment Center

Thursday, March 26  
3pm CST



Join us on Thursday, 3/26 via Zoom

https://uso4web.zoom.us/j/6201607345

Meeting ID: 620 160 7345