THE ALLIANCE
for Eating Disorders Awareness

THANK YOU FOR SAVING LIVES!

Dear Friends of The Alliance,

For 19 years, The Alliance for Eating Disorders Awareness has provided programs and activities aimed at outreach, education, early intervention, and advocacy for all eating disorders. Through free support groups, low-cost therapy services, referrals for care, and healthcare provider trainings, The Alliance proudly provides services and programs for individuals in need and their families.

Eating disorders are among the deadliest of mental illnesses. **But because of supporters like you, The Alliance provided specialized services to more than 17,000 individuals throughout the nation this year, saving lives every day.**

Since January, we have hosted **864 hours of free, clinician-led support groups for 4,432 individuals and their loves ones.**

> *"The Alliance has shown me not only is recovery possible, but I, too, can have a life worth living. They have helped me realize there's more to me than my struggles with an eating disorder. I know now that I'm allowed to be myself, to be loved, to make mistakes, and to heal. My Alliance family has and will be with me every step of the way."*
> *-Carla*, West Palm Beach*

This year, we opened six new support groups, bringing the gift of hope in recovery to communities previously lacking in eating disorder care. In our support groups, individuals who have experienced hopelessness begin to live life outside of the grips of their eating disorder. The veil of secrecy is lifted and the loneliness of isolation fades.

> *"Alliance support groups provide a safe place for individuals and families to receive life-sustaining hope, compassion, strength, and courage to face a new day. Support groups connect people facing similar challenges, so no one has to walk the path to recovery alone. In support groups, I find an understanding community and promise for a life beyond eating disorders."*
> *-Denise*, St. Petersburg*

This season, we ask for your support so we can continue expanding our free, clinician-led support groups, so more individuals and families can live a life in recovery from their eating disorder. **When you donate to The Alliance's support groups, you give the gift of hope in recovery.** You provide immeasurable healing. You provide critical, life-saving care each and every day for people who need it most. And for that, I cannot thank you enough.

Warmest wishes,

Johanna Kandel
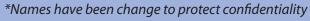Founder/CEO of The Alliance for Eating Disorders Awareness

Help The Alliance create more communities of recovery in 2020! Your generous donation is greatly appreciated and can provide:
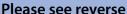
$50 – One session of low-cost, evidence-based therapy in Psychological Services to someone like Louisa*, who is breaking the chains of trauma through recovery

$100 – Four hours of life-saving, individualized referrals for specialized care for a couple like Sara* and John*, who are walking the path of recovery together

$250 – One free training for physicians, therapists, and allied healthcare providers on medical complications of eating disorders

$1000 – One month of a free, clinician-led support group for individuals and for their loved ones, like Tanya* and her parents

*Names have been change to protect confidentiality
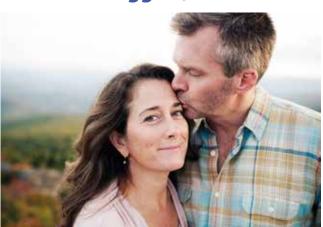**Please see reverse**

Your Support Saves Lives!

The Alliance relies on your support to help sustain our growth to new communities. Help us stop eating disorders from taking a life every 62 minutes.

Give the gift of hope in recovery by donating today!

> "*There had been such a need in our community for a support group. Group members share with me how thankful they are to have a place where they feel understood without any judgements or having to explain to friends/family members who may or may not get it. I'm grateful to be part of this group as it also strengthens my own recovery.*"
>
> *- Maggie*, New Orleans*

> "*Every time I attend support group, I feel like I'm being wrapped in a blanket of love and strength. It's such a comfort to know I'm not alone and to be surrounded by people who understand the pain of having a loved one struggling with an eating disorder. The knowledge I've gained has helped me understand the best way to support my daughter during her recovery.*"
>
> *- Tomas*, West Palm Beach*

In 2019, supporters like you helped us provide critical programs and services, including:

- 1,460 hours of specialized outpatient therapy to individuals who are uninsured or underinsured, for as little as $5 a session

- 8,574 educated and trained, including physicians, therapists, school faculty, students, and community organizations

- Over 91,000 referrals for all levels of eating disorders care to individuals and their loved ones via our free hotline and online database, www.findedhelp.com

- 649 Southern Smash event attendees, participating in unique, empowering scale-smashing events on college campuses

FREE Clinician-Led Eating Disorder Support Groups

AUSTIN, TX • FT. WAYNE, IN • MIAMI, FL • NEW ORLEANS, LA • NEW YORK, NY •
ORLANDO, FL • PHILADELPHIA, PA • PRINCETON, NJ • ST. PETERSBURG, FL • TAMPA, FL • WEST PALM BEACH, FL

Contact Us:

1649 Forum Place, Suite 2
West Palm Beach, FL 33401

866-662-1235
info@allianceforeatingdisorders.com
allianceforeatingdisorders.com
findEDhelp.com

IG | FB | TW: @allianceforeda

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