



LETTER FROM THE PRESIDENT

Catherine S. Tilford, MA, NCC, LPC



Happy Spring! When I first began my career, I was proud to volunteer for The Eating Disorder Foundation (“EDF”) where I formed many lasting connections and was part of a volunteer force that provides valuable services to those impacted by eating disorders and in prevention efforts. I’m excited to feature the services EDF offers to our community *and beyond* in this newsletter! EDF recently expanded their services outside of the Denver area! If you’re interested in supporting this vital non-profit organization, please consider attending their 6th annual Icebreaker Gala on April 14th. See below for more info!

I also want to thank *everyone* who came out and supported our local iaedp chapter at the annual gala in December! Our mission is to provide local peer support, resources, and continuing education to eating disorder professionals across all disciplines – and your support helps us do so. In February, Dr. Norman Kim presented for our chapter on using Exposure and Response Prevention (ERP) in eating disorder treatment to one of our largest groups yet! Stay tuned for information about our upcoming education events in May and September!

Spring 2018 Newsletter

THE EATING DISORDER FOUNDATION

The Eating Disorder Foundation (“EDF”) is a non-profit organization based in Denver. EDF has been breaking the silence and rebuilding lives for fourteen years. Their mission is to prevent and eliminate eating disorders through education, support and advocacy. They travel throughout our state to educate students, education & health care professionals, parent groups and community organizations about eating disorders and body image . . . all free of charge. This raises awareness, dispels myths, and educates people about the severity of these illnesses, in hopes of getting help through early detection, as well as prevention. They are able to do this because of a committed volunteer force, focused fundraising efforts, generous donors and an unshakeable dedication to those they serve

They also host multiple free support groups for people struggling with eating disorders as well as their families and friends at their home-like headquarters in Denver. Recently, they expanded to offer groups in Boulder, Vail, Montrose and soon in Colorado Springs. They are the only resource of its kind in Colorado.

On April 14, 2018 The Eating Disorder Foundation will celebrate its sixth annual Icebreaker Gala, their largest fundraiser of the year, at the Hyatt Regency Denver at Colorado Convention Center. This special evening will include a cocktail/silent auction reception, live auction, dinner, and dancing. “i.c.e.” is EDF’s trademarked symbol of hope and recovery, which is the acronym for “I Can Eat.” The Gala raises vital funds to support EDF’s annual budget so that they can continue to offer their services free of charge.

For more information:

<https://eatingdisorderfoundation.org/2018-gala/>

THE
EATING
DISORDER
FOUNDATION

1901 E 20th Ave, Denver, CO 80205

303.322.3373 | www.eatingdisorderfoundation.org

FREE- ONGOING DENVER SUPPORT GROUPS

Men’s Support Group
Adolescent Support Group
LBGTQ+ Support Group
Individuals 18+ Struggling with an Eating Disorder
Family and Friends
Art Journaling Group
Individuals Struggling with Binge Eating Disorder
On Solid Ground Recovery Group
Individuals 30+ Struggling with an Eating Disorder

3rd Wednesday	6:30pm – 8:00pm
2nd & 4th Tuesday	6:00pm – 7:00pm
1st & 3rd Tuesday	6:30pm – 8:00pm
Tuesdays	6:00pm – 7:30pm
Wednesdays	5:30pm – 7:00pm
Thursdays	6:00pm – 7:30pm
Thursdays	6:00pm – 7:30pm
2nd & 4th Saturday	10:00am – 11:30am
Saturdays	10:00am – 11:30am

FREE- ONGOING OFF-SITE SUPPORT GROUPS

Vail Eating Disorder Support Group
Montrose Eating Disorder Support Group
Boulder Eating Disorder Support Group

1st & 3rd Tuesday	5:30pm – 7:00pm
3rd Wednesday	5:30pm – 7:00pm
2nd & 4th Wednesday	6:00pm – 7:30pm

Officeholders and Executive Team

President Catherine Tilford, MA, NCC, LPC	Medical Liason Margherita Mascolo, MD
Vice President Sara English, RD	Membership Colleen McClellan, MS Jacqueline V. Grant, LCSW
Treasurer Ellen Broxmeyer, LCSW, MSW	Certification Position Currently Open
Secretary Ida Bjork, MS, RD	Social Media Megan Lewis, MS, LMFT Co-Chair: Corrie Van Horne, RD Kate Daigle, MA, NCC, LPC
Education Alison Raman, LPC Co-Chair: Dominique Calloway, BS Jenny Wegner, MS, MFT	Student Liason Angela Andersen, LPC
Hospitality Dana Mastek, PR Coordinator Melissa Preston, RD, NCC, LPC	Research Beth Letourneau, MA
Marketing Grace Filiss	

Sponsors of the Denver Metro iaedp Chapter

