

Eating Disorders Family Resource

Community-based, affordable, accessible, knowledgeable support for caregivers navigating the challenges of having a loved one with an eating disorder

Who is this service for?

- Parents, spouses or caregivers of someone who is exhibiting signs of an eating disorder
- Caregivers who are feeling confused, scared, worried, frustrated, depleted, or overwhelmed
- Families which are floundering while they wait to be seen by an Eating Disorder Clinic or specialist
- Families who need resources, skills, and help to effectively support their loved one's recovery

Who Am I?

Sue Huff, Family Support Specialist (Eating Disorders)

Qualifications

- Trained in Emotion Focused Family Therapy, Mediation, & Peer Support
- Founding Executive Director for Eating Disorder Support Network of AB
- Board member for National Initiative for Eating Disorders
- Co-chair Caregiver Support Pillar, Eating Disorder Strategy of Canada
- Author of a book on families overcoming eating disorders
- Serving clients in Alberta, across Canada and USA
- 11 years lived experience (parent of child who has recovered)

How I Can Help

- Educate** families about eating disorders
- Dispel common myths, stigma, shame, and self-blame
- Provide **skills training** that supports recovery
- Provide **resources**, answer **questions**, help **navigate** the system
- Empower** parents to be effective recovery allies and advocates
- Provide ongoing **support** through the emotional rollercoaster
- Provide **perspective/hope** as someone who has "been there & gets it"
- Provide safe, **non judgemental**, empathetic support
- Accessible**: able to see parents quickly, with **no wait time**
- Flexible appointment times** (day/eve/weekend)
- Affordable** and economical: sliding scale available

"Sue is tremendously resourceful, up-to-date with therapeutic approaches, kind, and compassionate. She has been my rock, my guiding light, at times of storm."

- M, parent in California

To Connect or Learn More

Visit: www.suehuff.ca To book a free, 15-minute consultation, email: info@suehuff.ca