



Feel-Good Friday

Does your child or teen ...

- Engage in extreme calorie-counting or portion-control?
- Feel ashamed, disgusted or guilty after eating?
- Constantly worry about his or her weight or shape?
- Obsess over the number on the scale?
- Binge?
- Purge?
- Refuse to eat with family or friends?
- Use diet pills or laxatives?
- Exercise excessively?

If you answered “yes” to any of these questions, you may want to consider Family-Based Treatment for Eating Disorders, a compassionate approach for families dealing with: Anorexia, Bulimia, Binge-Eating, or Disordered Eating.

Family-Based Treatment for Eating Disorders, also known as FBT, is a highly practical, evidence-based outpatient approach that recognizes parents as the best resource for their child’s recovery, and uses a team model that includes the therapist, the family physician, family members and other partners to achieve success. TriCity Family Services’ clinical FBT staff are trained in the model used at the University of Chicago. For more information, call TriCity Family Services at (630)232-1070.

Eating Disorders Are Treatable

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org