



Transforming parents into empowered caregivers in 30 days

When a person is diagnosed with an eating disorder, what families need most is psychoeducation. Many parents often don't know where to even begin their vital learning journey—which is why we created FEAST 30 Days; a free, month-long program that brings knowledge and resources directly to parents and other caregivers via email.

FEAST 30 Days breaks down critical information into short, easily manageable daily segments, and backs them up with unlimited access to F.E.A.S.T. parent support platforms. In short, FEAST 30 Days gives parents the powerful jump start they need to move forward in helping loved ones on their paths to recovery.

Topics Covered

- How Eating Disorders Affect the Brain
- Mealtime Strategies
- Finding Eating Disorder Treatment That Works
- Food is Medicine
- Distress Tolerance Skills
- Is Exercise and Activity Safe?
- Why Does My Person Not Want to Get Better?
- Medical Consequences of Eating Disorders
- Dealing with Extreme Behaviors
- Know Your Diagnosis
- And more...



Thank you for providing such an amazing resource! The “FEAST 30 Days” service provided our family with so much pertinent knowledge and support. It truly brought comfort at such a chaotic time in our lives.



At F.E.A.S.T, we believe in families, we believe in full recovery, we believe information is power, and we believe that good treatment saves lives.

We invite you to come and see what F.E.A.S.T. is all about!

We are here because we've been there. · www.feast-ed.org