

# Community Meal Support

*Dietitian monitored meal environment for those in treatment for an eating disorder*

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## Structure of meal time:

- Monitoring of meal intake, based on individual meal plans from treatment team
- Accountability for disordered eating behaviors/rituals
- Level of monitoring and accountability provided by Julie will be individualized. All members, with their treatment team, will determine what accountability Julie will offer during the meal time ensuring each member gets what they need out of the provided structure.
- Support and understanding from eating disorder dietitian
- Discussion topics, meal themes, and mood setting provided by Julie

## Member qualifications:

- All members must be 16 years of age or older.
- All members must be willing to allow Julie to talk with present treatment providers (ie, therapist, dietitian, doctor, etc).

## Logistics:

- Food will be brought by each member.
- Microwave and hot/cold water spout will be provided for use by members.
- Plates, cups, silverware, and napkins will be provided by Julie, as needed.

Facilitation: Lead by Julie Church, Registered Dietitian; Julie has worked passionately with individuals with eating disorders and body image concerns for nearly 10 years. She has facilitated several different groups in the community and offers compassion, strength, and creativity. See [www.juliechurchnutrition.com](http://www.juliechurchnutrition.com) to learn more about her practice.

Location: University District Building, 1107 NE 45<sup>th</sup> Street, Ste 410, Seattle, 98105

## Date and Time:

- Meals will be from 5:15-6:15pm on Tuesdays, 5:15-6:15pm on Wednesdays, and an additional off-site meal one day a month. (The meal times may change depending on the participants and facilitators schedules, so please inquire even if your schedule does not allow for the above times.)
- Members can attend all or some of the meals offered during membership weeks.
- On going, open group. Open to new members at any time of the month.

Membership Cost: \$275 for four weeks of access to all supported meals offered by Julie Church. Aetna insurance covers cost, for Aetna members.

Interested? Need more information? Call or email Julie

206-854-8959      [juliechurchrd@yahoo.com](mailto:juliechurchrd@yahoo.com)