

# KLEDC

KARIN LEWIS EATING DISORDER CENTER, LLC

## RECOVERY COACHING SERVICES

Karin Lewis Eating Disorder Center recovery coaches come to your home, school, work, or place of your choice to provide clinical coaching for your ongoing path to healing.

### KLEDC RECOVERY COACHES OFFER:

- **Meal Support**
  - Snacks, Meals, Restaurants, College Dining Halls, At-Home Cooking
- **Grocery Planning and Shopping**
- **Collaborate with Client's Outpatient Treatment Team**
- **Social Activities and Community Integration**
  - Attending social events with clients
- **Exposure Work**
  - Coaching around fear foods or experiences
- **Environmental Support**
  - Removing triggers from home environment



Whether it be creating and sustaining balance after transition from treatment or as a step to prevent a higher level of care, KLEDC Recovery Coaches serve as a stabilizing force in various forms. Our coaches meet clients where they are at and are available nationwide through tele-health.