

## Eating Disorder Recovery Coaching



As a parent, watching your child struggle with an eating disorder can feel overwhelming and exhausting. I know this journey personally, both from lived experience and from supporting a loved one, and I also know that full recovery is possible.

Through eating disorder recovery coaching, I walk alongside young people and their families, helping them make peace with food, movement, and their bodies. You and your child can be supported every step of the way.

Let's connect and arrange a free consultation today.

- Rebecca, WithLoveED Certified Eating Disorder Recovery Coach (CCIEDC)

[withloveed.com](https://withloveed.com)

### Support to heal from an eating disorder

Certified Eating Disorder  
Recovery Coach - CCIEDC

**“Your story  
matters -  
you can be  
recovered!”**



I know, from both lived experience and supporting a loved one, just how overwhelming and exhausting an eating disorder can be. But I also know that you can fully recover. You can make peace with food, movement, and your body, and I'm here to walk beside you every step of the way. - Rebecca, WithLoveED Certified Eating Disorder Recovery Coach (CCIEDC): [withloveed.com](https://withloveed.com)

Let's chat | 021 195 6766

**WithLoveED**