

For more support and information on treatment of bulimia, anorexia, and other eating or exercise disorders;

www.somethingfishy.com
www.neda.com
www.centralcoastiop.com
www.anad.com
www.montenido.com

Thank you to our Supporters and Sponsors;

Central Coast IOP
Family Therapy Institute
Howard Family Grant

To donate or volunteer, please email bethelight@live.com

Be The Light Foundation

Education, Outreach &
Non-Therapeutic Peer Support for
Those Fighting Eating Disorders



“If you can’t see the light at the end of the tunnel, and can’t find someone to guide you towards it, perhaps you need to consider being the light and clearing the path for others”

Be The Light Foundation
Santa Barbara, CA
93109
bethelight@live.com

Be the Light Foundation is a volunteer organization which fosters the education, outreach and peer support of men and women suffering from eating disorders. Allowing those in recovery to share their experience and strength by mentoring those who still suffer

What We Do . . .

- After-care support
- Outpatient re-integration
- Residential patient support
- Facility visits, pass escorts
- Interaction and relationship building
- Individual and group meal support
- educational seminars
- Professional Development for teachers and other concerned groups
- Peer support training
- Crisis intervention training
- Parental education and support
- Community outreach and education

**Be The Light Foundation
is a volunteer
organization.**

**All services are free of
charge, but donations to
keep us up and running
are appreciated**

Dinner With Friends Project

We provide volunteer meal support for those in treatment for eating disorders.

We offer a safe and non-judgemental eating environment that encourages peer interaction and relationship building.

Love Your Life

An ever changing selection of social activities designed to facilitate learning new skills, meeting members of the recovery community, relating and interacting with others and finding the soul.

Coffee House Chat

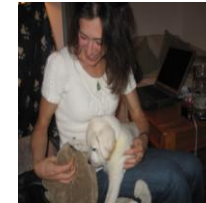
We introduce guest speakers who share their views, philosophies or personal stories regarding either their own recovery, or those they have been a part of.

Enjoy an inspirational evening of recovery discussion, meet new people, network with the recovered community and support others on their journey.

**Email for more information
on any of our programs**

bethelight@live.com

Who We Are . . .



Lauren, a PhD candidate with Pacifica Graduate Institute, is Executive Director and co-founder of Be The Light Foundation.

Lauren is enjoying her recovery from anorexia credits her involvement with the recovered community as inspiration when the days are hard.



Rachel, Chairperson and co-founder of Be The Light Foundation, is a graduate of the Political Science program at UCSB and is working towards her law degree with a special interest in eating disorder activism.

Rachel is in recovery from Bulimia and believes that being active in the recovered community and giving back the support that she received is instrumental in maintaining her own recovery.