



 Visit Website

<https://feast-ed.org>
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ABOUT US

Mission

F.E.A.S.T. is an international organization of and for parents and caregivers of loved ones with eating disorders. We provide families with tools and resources to empower them as caregivers and advocates, helping improve outcomes through education and compassionate support.

Our Approach

Founded by caregivers who have been through this journey, we offer support rooted in lived experience and genuine empathy. You don't have to navigate this alone.



We are here because
we've been there.



WHAT WE OFFER

Free Education Programs



30-day email course and video skills library covering everything from brain science to mealtime strategies.

Forums & Online Support



Our *Around The Dinner Table* forum and Facebook Group connects you with experienced caregivers who understand.

Webinars, Workshops & Conferences



Monthly educational webinars, seasonal weekend workshops, and our annual FEAST of Knowledge conference.

Direct Support Options



One-on-one mentorship programs, parent support email assistance, and specialized groups like Men of F.E.A.S.T.

VISIT US

<https://feast-ed.org>



Our Programs
& Services





Programs & Services

FEAST 30 Days



Our free month-long email program delivering daily education in 30 segments. Over 17,000+ families have received this unique and empowering program.

Webinars



Featuring top clinicians, researchers, and other experts in the field of eating disorder treatment. Includes access to the full library of past webinars!

Caregiver Skills Toolkit



A video library of practical "how-to" skills to empower caregiving.

Learn to:

- manage mealtime resistance
- introduce fear foods
- boost caloric intake
- and more

Podcast



A podcast for all caregivers searching for answers, *The Other Side Of The Plate* is hosted by experienced caregivers who have "been there."

More F.E.A.S.T. Resources

Support

Email Support

Direct support provided by parent caregiver volunteers

Around the Dinner Table Forum

A free service moderated by kind and experienced parent caregivers, including a private [Facebook Group](#) option

Caregiver & Sibling Support Groups

Led by peers who have been there. A space to connect, learn, and feel less alone

Men of FEAST

A dedicated community for fathers and male caregivers

Caregiver Mentorship Program

A transformative 8-week program connecting mentors with parents in need of support

Education

FEAST Family Guides

Designed to inform families facing an eating disorder diagnosis, edited by leading clinicians and researchers

FEAST Weekend Workshops

Led by recognized experts in eating disorders, followed by open discussion where parents can ask questions

FEAST of Knowledge Conference

Our annual one-day virtual conference featuring leading eating disorder experts covering a range of topics

FEAST Digital Library

Online access to FEAST of Knowledge conference videos



<https://feast-ed.org>