



**A MESSAGE FROM  
EXECUTIVE DIRECTOR  
SHANNON CUTTS:**

IF YOU HAVE PICKED UP THIS BROCHURE, YOU ARE PROBABLY ALREADY AWARE OF HOW FEW EATING DISORDERS SUFFERERS RECEIVE THE LEVEL OF ONGOING HELP, UNDERSTANDING, AND SUPPORT THEY NEED TO ACHIEVE SUSTAINED RECOVERY.

**MentorCONNECT  
FOUNDER SHANNON  
CUTTS (LEFT) WITH  
A NEW FRIEND**

I STRUGGLED FOR FIFTEEN YEARS TO HEAL FROM ANOREXIA AND BULIMIA. I CREDIT MY SURVIVAL TO MY MENTORS. THEY WERE MY LIGHT IN A DARK PLACE UNTIL I STARTED TO SEE THAT I COULD DO WHAT THEY HAD DONE—I, TOO, COULD OVERCOME MY EATING DISORDER.

IN TIME, THEY EVEN HELPED ME TO SEE THAT I HAD BECOME STRONG ENOUGH TO BE SOMEONE ELSE'S LIGHT OF HOPE.

MENTORCONNECT WAS CREATED BY AN ALL-VOLUNTEER TEAM OF SURVIVORS WHO ARE PASSIONATE ABOUT SHARING THE POWER OF MENTORING WITH ALL WHO NEED IT.

RELATIONSHIPS REALLY DO REPLACE EATING DISORDERS—AND IT STARTS RIGHT HERE, RIGHT NOW, WITH ME, AND WITH YOU.

*Shannon*

**Pay It Forward**

**MENTORCONNECT** is the first global mentoring community created specifically to connect caring **mentors** who are in strong recovery from eating disorders with **mentees** who need recovery support.

The premise, and the implementation, is simple—first, we receive help from others to achieve our own sustained recovery, and then we turn around and **pay it forward** by helping others in turn.

**Why Mentoring?**

Questions often arise when it comes to the application of mentoring in an eating disorders recovery setting.

**Is a mentor a substitute for professional help?**

Absolutely not. However, a mentor can provide encouragement and additional support in between visits to treatment professionals, and can also serve as a stable and caring bridge of transition and a source of aftercare support following treatment.

**Who can serve as a mentor?**

**MentorCONNECT** only accepts mentors who have experienced twelve consecutive months of sustained recovery (defined as “largely free from eating disordered thoughts and coping behaviors”). All mentor candidates are screened by the **MentorCONNECT Leadership Team** before being approved to serve.

**How do you know that mentoring helps?**

We hear it from our mentee members every day...but we don't stop there. **MentorCONNECT** is currently conducting a multi-year research study in partnership with Texas A&M University to assess the efficacy of mentoring in an eating disorders recovery setting.

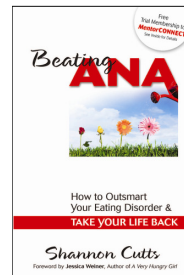
**Why do mentors and mentees need to read a book first?**

*Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* is the first book written to outline how mentoring can work in an eating disorders recovery setting.

**MentorCONNECT** is a community built upon the Mentor Model principles outlined in *Beating Ana*. The book itself contains 27 chapters of mentoring Q&A and recovery workshop exercises for mentoring teams.

A small book scholarship program is available for new members who cannot afford to purchase the text.

For more FAQ, visit us at:



[www.mentorconnect-ed.org](http://www.mentorconnect-ed.org)

**Membership Benefits**

- Free lifetime membership which includes all services
- Assistance with making one-on-one mentoring matches
- Free weekly live moderated support group meetings
- Free monthly teleconference series with nationally-known eating disorders experts
- Access to a variety of themed online discussion groups
- Ability to create a personalized recovery home page and recovery blog and make new pro-recovery friendships
- 24/7 access to a private, safe, confidential, moderated, password-protected, pro-recovery online community
- Daily inspirational emails, weekly *Mentoring Moment* e-newsletter, monthly *Good News for Eating Disorders Recovery* e-zine.....and much more!

**How to Join MentorCONNECT**

**Step 1:** Visit [www.mentorconnect-ed.org](http://www.mentorconnect-ed.org)

**Step 2:** Click on “Join MentorCONNECT”

**Step 3:** Read about the three levels of membership

**Step 4:** Complete the membership application

**Donations & Sponsors Welcome**

MentorCONNECT is a pending 501(c)3 non-profit corporation. Donations are always welcomed and appreciated: [www.mentorconnect-ed.org/mcgive](http://www.mentorconnect-ed.org/mcgive)

MentorCONNECT reserves a limited number of sponsorship spaces on our website. Contact us to learn more: [www.mentorconnect-ed.org/mcsponsors](http://www.mentorconnect-ed.org/mcsponsors)

**MentorCONNECT is a Member of NEDA & the EDC**



## I Have A Dream Of A World FREE From Eating Disorders

**Martin Luther King, Jr.**, had a dream so powerful it survived him. Today, his dream continues to change lives around the world.

I, too, have a dream. I have a dream that (I believe) is explosive in its potential to change, and save, lives. I have a dream that should and **MUST** survive for the sake of all those who have already passed on for the lack of it.

I have a dream of a day when little girls and boys will walk down the grocery store aisles with their moms and dads, choosing healthy, delicious foods without looking at the fat and calorie content on the labels.

I have a dream of a day when the sixty billion dollar-a-year weight management industry goes out of business, and all monies formerly spent supporting it will instead go to **FIGHT** the damage it has done to our bodies, minds and spirits.

I have a dream of a day when I will not be afraid to reproduce, and thus risk passing the genes for my eating disorder, which were passed to me, along to my daughter or son.

I have a dream of a day when I will wake up in the morning and smile radiantly at myself in the mirror, absolutely confident that who I am, and what I have to offer, is exactly perfect - just as I am.

And I have a dream of a day when everyone - and I do mean **EVERYONE** - who suffers from any shape or size of eating disorder **IMMEDIATELY** receives the comprehensive, ongoing treatment they **NEED** and **DESERVE**.

Yes, I have a dream. And I know I do not dream this dream alone. I know that I dream it alongside husbands, wives, mothers, fathers, sons, daughters, boyfriends, girlfriends, best friends, sisters, brothers. I know that even the seemingly most self-assured amongst us secretly dream it alongside those who openly battle for their lives.

I know that we each, and all together, deserve the fulfillment of this dream.....but I also know that, as of yet, it remains unclaimed.

If you wish to lend your **POWERFUL** voice to dream this dream together, sign your name below.

Then, pass it on, and on, and on.

Warmly, and with **HOPE**,  
Sincerely,

**The Undersigned**

(excerpt from: *Petition to U.S. Congress for the F.R.E.E.D. Act*)

@SCutts



WE HAVE A **DREAM** OF A  
WORLD **FREE** FROM  
EATING DISORDERS.

**WON'T YOU JOIN US?**

*MENTORCONNECT HAS SOMETHING FOR EACH OF US!*

- For *sufferers*, the chance to match up with a caring, volunteer mentor who has been there and understands
- For *survivors*, the chance to “pay it forward” by serving as a caring, volunteer mentor to someone who needs support
- For *both*, a safe, private, supportive, pro-recovery, moderated community to share the journey with
- For *family and friends*, the peace of mind to know their loved one has 24/7 access to a source of no-fee high quality support to do the hard work of recovery
- For *educators*, the language, tools, and skills to reach out to those who are suffering and offer their help
- For *healthcare professionals*, the chance to offer those they treat a quality pro-recovery moderated community that provides ongoing, transitional, and aftercare support

**MentorCONNECT**

1302 Waugh Dr. #660  
Houston, TX 77019  
USA

Phone: 713-382-4272  
Fax: 713-523-4078

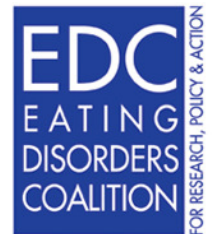
E-mail: [mc@mentorconnect-ed.org](mailto:mc@mentorconnect-ed.org)

[www.mentorconnect-ed.org](http://www.mentorconnect-ed.org)



**AN INTRODUCTION TO THE FIRST GLOBAL  
EATING DISORDERS MENTORING COMMUNITY**

**MentorCONNECT is a Member of NEDA & the EDC**



[www.mentorconnect-ed.org](http://www.mentorconnect-ed.org)