

TE WHARE WHAKAMANA THE HOUSE OF EMPOWERMENT

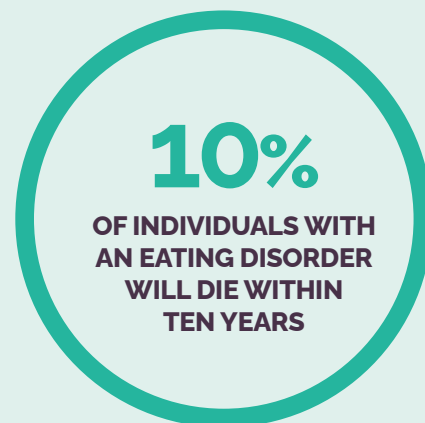
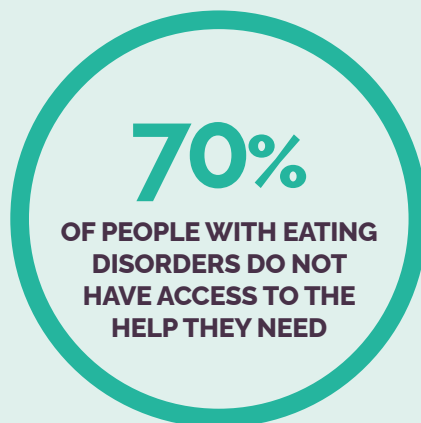
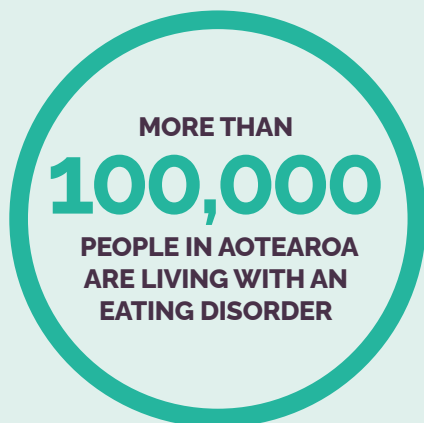


Help us in our mission to heal people's relationships with food, their bodies, and their souls — empowering them to live full, connected lives.

Recovered Living NZ (RLNZ) is a registered charity committed to making eating disorder treatment accessible to anyone who needs it. We rely on the generosity of donors and philanthropic partners to make this possible. Every donation goes directly back into our programme — funding sponsorships and subsidising treatment.

"RLNZ literally saved my life — I wouldn't be here without them. Now I'm excited for my future, which I hadn't been in such a long time." Bridie

Recovered Living  NZ
Where Recovered is a Reality



Our Vision is to be a world-class eating disorder treatment and education centre — known for quality, expertise, and a fierce belief in every client's ability to recover.

WHY WE EXIST?

There is a significant shortage of services to support people with eating disorders at all levels of severity across New Zealand. Waiting lists continue to grow for both public and private treatment providers, all of whom are operating under extreme pressure. **As a result, many people will never receive the care they need to fully recover.**

Eating disorders are serious mental health conditions that affect people of all ages, genders, and backgrounds. They can be life-threatening and take a heavy toll. **Without expert care, recovery can be extremely difficult.**

Recovered Living NZ was founded to help fill this critical gap. Our recovery model supports clients not only in restoring physical health, but also in achieving cognitive and behavioural recovery — enabling them to rebuild meaningful, connected lives.

WHAT WE TREAT

We support clients with a wide range of eating disorders, including:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Other Specified Feeding & Eating Disorders (OSFED)
- Orthorexia & Exercise Addiction

For more information visit our website recoveredlivingnz.com or email us on admissions@rlnz.org

Recovered Living **NZ**
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"Seven weeks ago we dropped off our severely ill and damaged daughter. She had no life left in her, had basically withdrawn from society and had shut down. She would only eat certain foods at certain times, preventing her from associating with her family let alone the outside world. Her time at RLNZ has been somewhat miraculous. The total commitment, knowledge and understanding of the entire staff has been amazing. Our daughter has totally embraced this fantastic programme. She will now eat anything placed in front of her, can select her own food and portion sizes and is now able to speak openly about her feelings and issues. I truly believe RLNZ has saved our daughter's life."

YOUR SUPPORT SAVES LIVES

Donate today to help bridge the gap and ensures more Kiwis can access the care they need to fully recover.



\$50 provides a nourishing meal



\$250 funds a therapy session



\$2,400 supports overnight staff for one month



\$7,350 supports one client for a week