

Q1 2026

ESPERANZA OUTREACH

STAYING CONNECTED WITH SHARED HOPE



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Esperanza Is Growing Into the New Year | Happy 2026

I am truly honored to be part of the eating disorder recovery team at Esperanza, where we uplift and support each other in our mission to offer a compassionate and holistic approach to recovery. This year, we are expanding several impactful areas to enhance patient care.

I would greatly appreciate the chance to connect with you, whether in person or virtually. We always welcome visitors at the center, and a scheduled tour is also an option.

It is my sincere desire to connect with you and explore how we can support one another in this community. I look forward to your response soon!

With shared hope,

Hallie Leighton

Esperanza Leaders

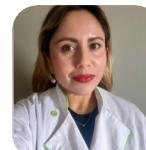
Big news! We're celebrating our team members who are stepping into new roles.



Alejandra Garza, LPC
Clinical Director



Emily Prentice, LCSW
Director of Adult Services



Karla Rodriguez
Manager of
ARFID Program

SAVE THE DATE
for the iaedp San Antonio Chapter
2026 Annual “Recovering the Possible” Conference
Friday, April 10, 2026
Details Coming Soon

UPCOMING OUTREACH

1.16: Region 20 Presentation on ARFID by two Esperanza Directors | Zaira Suarez, MS, RD, LD & Emily Prentice, LCSW

1.30: Esperanza site host for the iaedp SA Chapter Q1 Meeting & Presentation: “Healing the Heart” by Rebecca Brumm, LPC | find more info @ www.sanantonioiaedp.com

2.27: Teach & Tour
Esperanza welcomes Dr. Ami Chatrath from wiseMind Psychiatry

2.19-21: iaedp National Symposium Esperanza will be attending the Symposium in Baltimore, MD

2.24: THRIVE Resources Fair @ UTSA in recognition of Eating Disorders Awareness Week - we will participate with a Body Image Booth

3.27: Teach & Tour Training on TBT-S by Director of Adult Services, Emily Prentice, LCSW