

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](http://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