

ALUMNI, FAMILY AND COMMUNITY SUPPORT SERVICES







We understand how much effort it takes to strengthen your resilience on this recovery journey. We are here to help light your way and support you & your unique needs. Eating Recovery Center (ERC) offers resources and events for ongoing support to individuals and families throughout their journey.

CONNECT WITH US

ERC SOCIAL MEDIA

Join our supportive online communities to receive support, inspiration and updates about resources and events.

 facebook.com/eatingrecovery  @eatingrecovery
 youtube.com/eatingrecoverycenter  @eatingrecovery

BINGE EATING CONNECTION

An online community inspiring people to share experiences, tips for recovery, and information about their struggle with binge eating disorder. Facebook.com/BingeEatingConnection

EATING DISORDERS FAMILY CONNECTION (EDFC)

A Facebook based community open to any family member or support person of a loved one with an eating disorder, regardless of that person's treatment or recovery status. Masters-level clinicians moderate and validate the community and the information shared. Facebook.com/Groups/EatingDisordersFamilyConnection



CONTINUED CONNECTION

Opportunities to connect with your Alumni & Family Liaison for additional support & encouragement throughout the year post-discharge.



FREE SUPPORT GROUPS

Join our in-person and virtual groups across the U.S. for a way to connect with peers in a recovery-focused environment. Support groups and schedule listed on back of this flyer.

EatingRecovery.com/Support-Groups



BLOGS AND ARTICLES

Stories and information to support individuals on their path to mental wellness. EatingRecovery.com/Blog



SAY IT BRAVE

A free inclusive community supporting mental wellness and honoring the courage it takes to own your own story. EatingRecovery.com/Say-It-Brave



EVENTS

Local, regional and national events for alumni, family, support persons and community members.

EatingRecovery.com/Events/Community



MENTAL NOTE PODCAST

Hope-filled episodes to provide education and inspiration through personal mental health & eating disorder recovery stories.

MentalNotePodcast.com



VIRTUAL SUPPORT GROUPS AVAILABLE NATIONWIDE

VIRTUAL SUPPORT GROUP SCHEDULE

ALUMNI ONLY GROUPS

Alumni of ERC

- ✔ **Binge Eating Disorder Alumni Support Group**
Mondays at 7:15 PM ET
- ✔ **Eating Disorder Alumni Support Group**
Mondays at 7:30 PM ET
- ✔ **Binge Eating Disorder Alumni Support Group**
Tuesdays at 7:15 PM ET
- ✔ **Eating Disorder Alumni Support Group**
Tuesdays at 8:00 PM ET
**Closed captioning provided*

FAMILY GROUPS

Anyone supporting a loved one with an eating disorder, prior treatment at ERC is not necessary

- ✔ **Family Support Group (For Loved Ones of Adolescents)**
Wednesdays at 6:00 PM ET
- ✔ **Family Support Group (For Loved Ones of Adults)**
Thursdays at 8:00 PM ET
- ✔ **Family Support Group (For Loved Ones of Adults) – Advanced Group**
Thursdays at 9:30 PM ET
- ✔ **Family Support Group (For Loved Ones of Adolescents)-**
Wednesdays at 8:15pm ET

COMMUNITY GROUPS

Anyone is welcome, prior treatment at ERC is not necessary

- ✔ **LGBTQ + Eating Disorder & Body Image Community Support Group**
Mondays at 12:00 PM ET
- ✔ **Mental Health Support Group for People of Color**
Mondays at 7:00 PM ET
- ✔ **Eating Disorder Community Support Group**
Tuesdays at 1:00 PM ET
- ✔ **Clinician Connection Support Group**
Wednesdays at 2:00 PM ET
- ✔ **Stronger Together: Binge Eating Recovery Community Support Group**
Wednesdays at 5:15 PM ET
- ✔ **Eating Disorders Community Support Group**
Wednesdays at 7:00 PM ET
- ✔ **College Students & Early Adults Support Group**
Thursdays at 2:00 PM ET
- ✔ **Addictive Behaviors Skills Community Group**
Fridays at 6:00 PM ET

Please visit our websites for registration information and for the most up to date support group information:
[EatingRecovery.com/Support-Groups](https://www.EatingRecovery.com/Support-Groups)

Virtual Support Groups

Join fellow Eating Recovery Center (ERC) community members for support, education, and connection in navigating the twists and turns of the mental health journey. Participation in the groups is online and there is no cost to attend. ERC strives to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first-come, first-served and limited to 15 participants each. Please note, the groups are a supplemental support and are not a replacement for mood and anxiety and/or eating disorder treatment, therapy, or medical advice.

Who Can Participate?

ERC community members over the age of 18 are welcome to attend our groups. We offer groups specific to clinicians seeking peer support as well as alumni, family & community members who need to connect with others for support—building resiliency together.

What Should I Expect?

These groups occur over secure video conferencing and will be monitored and supported by an ERC staff member. Each group will start with a time for themed discussion, and time for free chat where you can share experiences, thoughts, successes, and challenges with others who can relate.

Individuals will be sent a meeting ID and link to join the secure online meeting room in a registration confirmation email.

Have questions? Email Alumni@EatingRecovery.com

**Groups are subject to change to meet the needs of the community.*

Master's-level clinicians are available for care consultation and assessment.

Please contact us to schedule a free consultation.
1-877-825-8584 • [EatingRecovery.com](https://www.EatingRecovery.com)

Most commercial insurance accepted

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