



With the right treatment, support and community, you or your loved one can live a fulfilling, values-driven life. Whether you are just starting your mental health journey or you have been on this path for a while, you don't have to seek healing on your own. We offer a variety of free resources to fit your life and help build community around you.



## Free Support Groups

See back page for our support group schedule.

[EatingRecovery.com/Support-Groups](https://EatingRecovery.com/Support-Groups)



## Mental Note Podcast

Hope-filled episodes provide education and inspiration through personal mental health and recovery stories.

[MentalNotePodcast.com](https://MentalNotePodcast.com)



## Say It Brave: Real Voices. One Goal. End Mental Health Stigma.

This collective is an inclusive community of influencers and thought leaders dedicated to fostering connection, providing free resources and ending mental health stigma.

[EatingRecovery.com/Say-It-Brave](https://EatingRecovery.com/Say-It-Brave)



## Love Your Tree Arts Program

This program focuses on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

[LoveYourTree.org](https://LoveYourTree.org)



## Community Outreach and Events

ERC hosts and engages with local, regional and national events for alumni, family, support persons and community members.

[EatingRecovery.com/Events/Community](https://EatingRecovery.com/Events/Community)



## Blogs and Educational Articles

Personal stories and clinical articles help support individuals on their path to mental wellness.

[EatingRecovery.com/Blog](https://EatingRecovery.com/Blog)



## Connect With Us

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



[Eating Recovery Center](https://EatingRecoveryCenter.com)



[@EatingRecovery](https://@EatingRecovery)



[@ERCPathlight](https://@ERCPathlight)



## Binge Eating Connection

A community inspiring people to share experiences with binge eating disorder and tips for recovery.

[Facebook.com/BingeEatingConnection](https://Facebook.com/BingeEatingConnection)



## Eating Disorders Family Connection

A community providing support and resources for family members or support persons of a loved one who has an eating disorder or is in recovery.

[Facebook.com/Groups/EatingDisordersFamilyConnection](https://Facebook.com/Groups/EatingDisordersFamilyConnection)

## Crisis Support and Nonprofit Resources

**National Suicide  
Prevention Lifeline**  
Call or Text 988

**ANAD Helpline**  
Call: 1-888-375-7767

**Crisis Text Line**  
Text HOME  
to 741741

**National Alliance for  
Eating Disorders**  
[finedhelp.com](https://finedhelp.com)



# ONLINE SUPPORT GROUPS AVAILABLE NATIONWIDE

## SUPPORT GROUP SCHEDULE\*

### COMMUNITY GROUPS

*Anyone is welcome. Prior treatment at ERC is not required.*

- ✔ **LGBTQ+ Eating Disorder and Body Image Group**  
Mondays at 10:00 am MT
- ✔ **Binge Eating Disorder Group**  
Mondays at 11:00 am MT
- ✔ **30+ Eating Disorder Group**  
Mondays at 4:15 pm MT  
Wednesdays at 1:00 pm MT
- ✔ **Mental Health Group for People of Color**  
Mondays at 5:00 pm MT
- ✔ **Eating Disorder Group**  
Tuesdays at 11:00 am MT  
Wednesdays at 5:00 pm MT
- ✔ **College Students and Early Adults Group**  
Thursdays at 12:00 pm MT
- ✔ **Clinicians in Eating Disorder Recovery Group**  
Thursdays at 1:30 pm MT

### ALUMNI-ONLY GROUPS

*Prior treatment at ERC is required.*

- ✔ **Eating Disorder Group**  
Mondays at 5:30 pm MT  
Tuesdays at 6:00 pm MT
- ✔ **Binge Eating Disorder Group**  
Tuesdays at 5:15 pm MT

### FAMILY AND CAREGIVER GROUPS

*Anyone supporting a loved one with an eating disorder is welcome. Prior treatment at ERC is not required.*

- ✔ **Family & Friends of Children/Adolescents Group**  
Wednesdays at 4:00 pm MT  
Wednesdays at 6:15 pm MT
- ✔ **Family & Friends of Adults Group**  
Thursdays at 6:00 pm MT  
Thursdays at 7:30 pm MT

## Online Support Groups

Join fellow community members for peer support and connection in navigating the twists and turns of the recovery 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. We offer rotating support group series for different populations and identities throughout the year. The size of our groups may fluctuate from week to week. Any group that consistently has 20 or more attendees is evaluated by our team to ensure all participants are able to have a positive experience. Please note that the groups are a supplemental support and are not a replacement for eating disorder treatment, therapy or medical advice.

## Who Can Participate?

Anyone over the age of 18 is welcome to attend our groups. We offer groups for alumni, loved ones and community members who would benefit from connecting with others for support and community.

## What Should I Expect?

These groups occur over video conferencing and are monitored and supported by an ERC-trained facilitator. Each group starts with introductions followed by time for a free chat where you can share experiences, thoughts, successes and challenges with other group members.

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

Have questions? Email [Resources@ERCPATHLIGHT.COM](mailto:Resources@ERCPATHLIGHT.COM)

*\*Groups are subject to change to meet the needs of the community. Closed captioning is provided for all support groups.*

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

To learn more about free community resources and education, email [Resources@ERCPATHLIGHT.COM](mailto:Resources@ERCPATHLIGHT.COM)

Contact us to schedule a free assessment with a master's-level clinician. 1-877-825-8584 | [EatingRecovery.com](https://EatingRecovery.com)