



# Adult Support Group

ERC currently offers alumni support groups in the following Texas locations: Dallas, Austin, Houston, The Woodlands, and San Antonio.

## Dates: Second and Fourth Tuesday of Each Month

Group is available to adult alumni of ERC programs and individuals in the community struggling with disordered eating.

## Time: 6:00-7:00 PM

ERC, Houston  
7515 Main Street  
Houston, TX 77030

<https://www.eatingrecoverycenter.com/alumni/support-groups>

## Facilitators: Anselm Khoo, M.Ed., LPC and Cheryl Lynn Bowman, LPC, CCTP



Anselm is a licensed professional counsellor who is passionate about recovery and understands that the recovery experience is unique to everyone. Besides his passion for DBT and skills, Anselm is focused on positivity and learning how to flourish and thrive in Life. Anselm believes that therapy is an invitation to explore and empath on the same journey through challenges, seeking growth from an eating disorder towards lasting

*Please note: Group facilitators may shift based on staffing needs*

## Group Description:

This is an ongoing, complimentary support group that focuses on recovery; building on the treatment received while at ERC. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

## For Questions or More Info:

Call Katie Bendel 214-980-6208, or email [Katie.Bendel@eatingrecovery.com](mailto:Katie.Bendel@eatingrecovery.com).

