



San Antonio Support Groups

Free and open to anyone seeking eating disorder recovery support.

Location

Eating Recovery Center
250 E. Basse Rd, Ste 206
San Antonio, TX 78209

Adult Support Group

Date: 3rd Wednesday of each month

Time: 6:00 – 7:00 PM

Open to individuals 18+

Overcoming Overeating Support Group

Date: 1st Thursday of each month

Time: 6:00 – 7:00 PM

Open to individuals 18+

Adolescent Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Recommended for ages 12-17

Family & Friends Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Open to partners, parents, friends, siblings and other support persons 18+

Group Description:

Groups are available for alumni/family of ERC programs, patients/families in ERC Intensive Outpatient treatment and persons needing support in the community. These groups are ongoing, free support groups that focus on recovery. Group facilitators may shift based on staffing needs.

For More Info:

Please contact Katie Bendel
directly at 469-344-2022 or
Katie.Bendel@EatingRecovery.com



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