



ERC, Washington & Insight Behavioral Health Centers 2019 Support Groups (Seattle)

Group Description:

Eating Recovery Center, Washington and Insight Behavioral Health Centers offer free community support groups, for those struggling with an eating disorder including anorexia, bulimia, binge eating disorder, other disordered eating issues, along with mood and anxiety. Groups are ongoing support that focus on recovery and resilience and are provided as an adjunct to outpatient care. There is no cost to attend.

Mood, Anxiety and Trauma Alumni/Community Support Group

Tuesday of every month

- January 8th
- February 12th
- March 12th
- April 9th
- May 14th
- June 11th
- July 9th
- August 13th
- September 10th
- October 8th
- November 11th
- December 9th

Eating Disorder Alumni/Community Support Group

First Tuesday of every month (January = first Wednesday, due to holiday)

- January 2nd
- February 5th
- March 5th
- April 2nd
- May 7th
- June 4th
- July 2nd
- August 6th
- September 3rd
- October 1st
- November 5th
- December 3rd

Time: 6:00 – 7:00pm

ERC/Insight, Washington
901 Boren Ave Suite 1800
Seattle, WA 98104

Facilitator: Nica Selvaggio, LMHC, NCC

Nica Selvaggio, LMHC, NCC, has worked in the field of eating disorder treatment as a mental health clinician for the past 4 years. She started her career at Eating Recovery Center of Washington in 2014 as a Therapist and then went on to work at Opal: Food and Body Wisdom and The Emily Program. She is passionate about her work in helping people heal from eating disorders and is excited to rejoin ERCWA as the Alumni Family Liaison to continue providing support for people in their recovery.

To RSVP or for more info:

Please reach out to Nica Selvaggio at Dominica.Selvaggio@eatingrecovery.com