



# Maryland Eating Disorder Support Group

**Group Description:** This is a weekly support group for adults at any stage of an eating disorder or recovery. Adults of all ages and genders with anorexia, bulimia, binge eating disorder and other disordered eating issues are welcome to attend. Friends, family and support people are also welcome. Guidelines are reviewed at the start of every session to ensure it remains a safe, non-triggering and recovery-focused space for people to gather. Ages 17+ are welcome.

**Date: Every Wednesday**

The group schedule may change due to holidays, winter weather conditions, or clinician availability. Call ahead or email in advance to check the schedule.

**Time: 7:00 – 8:30 PM**

**Location: ERC Baltimore**

Physicians Pavilion North, Room 316  
6535 N. Charles St., Suite 300, Towson, MD 21204

**Facilitator: Kate Clemmer, LCSW-C**

Kate Clemmer is a licensed clinical social worker at Eating Recovery Center in Maryland (formerly the Center for Eating Disorders). For the past twelve years, Kate has facilitated the Wednesday evening support group which started in 1989 and remains the longest running, free ED support group in the state of Maryland.

**Contact Info:**

Please call (410) 427-3900 or email [kate.clemmer@eatingrecovery.com](mailto:kate.clemmer@eatingrecovery.com) for more information. Prior treatment at ERC is not required. There is no cost to attend.

