



Support Groups

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

Date: First Wednesday of every Month

We have two different support groups—one for adolescent alumni and one for adult alumni. Both groups are open to alumni of ERC programs, individuals in ERC Intensive Outpatient treatment and community members.

The Woodlands Adult Support Group

Time: 12-1 PM

Eating Recovery Center, The Woodlands
17350 St. Luke's Way, Suite 220
The Woodlands, TX 77384

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

The Woodlands Adolescent Support Group

Time: 4-5 PM

Eating Recovery Center, The Woodlands
17350 St. Luke's Way, Suite 220
The Woodlands, TX 77384

Group Description:

These groups are ongoing, complimentary support groups that focus on recovery; building on the treatment received while at ERC, or simply for those in the community who need support. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

Please note: Group facilitators may shift based on staffing needs

For More Info:

Call 214-980-6208 or email Katie.Bendel@eatingrecovery.com