



Support Groups

ERC/Insight, San Antonio

Location:

250 Basse Rd., Suite 206
San Antonio, TX 78209

Overcoming Overeating Support Group

Date: 1st Thursday of each month

Time: 6:00 – 7:00 PM

Facilitator: Aimee Keith, MA, PsyD
Postdoctoral Trainee under the
supervision of Susan Mengden, PhD.
Dr. Aimee Keith is a Primary Therapist at
Eating Recovery Center, San Antonio.

Family Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Karen Nowacek, MS, LPC
Karen is Clinical Lead of the Child &
Adolescent Program at Eating Recovery
Center, San Antonio.

Adolescent Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Bernadette Byars, LPC
Bernadette Byars is a Primary
Therapist at Eating Recovery Center,
San Antonio.

Adult Support Group

Date: 3rd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Landry Weatherston-
Yarborough, LPC, NCC
Landry is the Clinical Director at
Eating Recovery Center, San
Antonio.

Group Description:

Groups are available for persons needing support in the community, alumni of ERC programs and individuals in ERC Intensive Outpatient treatment. These groups are ongoing, complimentary support groups that focus on recovery. Group facilitators may shift based on staffing needs. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

For More Info:

Please call Katie Bendel at 469-344-2022 or email
Katie.Bendel@EatingRecovery.com.