



Overcoming Overeating Support Group

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

Date: First Thursday of Each Month

Group is available to adult alumni of ERC programs and individuals in the community struggling with overeating

Time: 5:30-6:30PM

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

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

Facilitator: Aimee Keith, MA, PsyD



Dr. Aimee Keith has been working with people who have eating disorders since 2011 and has managed the Binge Eating Treatment and Recovery Program at Eating Recovery Center San Antonio since 2016. She graduated with a PsyD in Clinical Psychology in 2017, and is working toward licensure as a psychologist in Texas under the clinical supervision of Dr. Susan Mengden, PhD. Aimee uses a blend of relational, cognitive, and behavioral therapies to address eating disordered behaviors and help people restore their relationships with food and with themselves.

Group Description:

This is an ongoing, complimentary support group that focuses on recovery; building on the treatment received while at ERC. 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 Questions or More Info:

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