



# Support Group

**Eating Recovery Center,  
Houston**

**Dates: Second and Fourth Tuesday of Each Month**

Dates for this group are ongoing.

**Time: 6:00-7:00 PM**

Eating Recovery Center  
7515 Main Street  
Houston, TX 77030

**Facilitator: Anselm Khoo, M.Ed., LPC**



Anselm is a licensed professional counselor and serves as a primary therapist for Eating Recovery Center (ERC) of Houston. He is passionate about recovery and understands that the recovery process is unique to everyone. Anselm believes that therapy is an invitation to explore, seeking growth from an eating disorder toward lasting recovery.

## **Group Description:**

This is an ongoing, complimentary support group focused on eating disorder recovery. Group is available for adult community members, adult alumni of ERC programs, and adults in ERC Intensive Outpatient treatment. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

## **For Questions or More Info:**

Call Katie Bendel at 469-344-2022 or email [Katie.Bendel@EatingRecovery.com](mailto:Katie.Bendel@EatingRecovery.com)



EATING  
*Recovery* CENTER

INSIGHT Behavioral  
Health Centers

LEADING THE WAY TO RECOVERY