



San Antonio Support Groups

*Free and open to anyone seeking
eating disorder recovery support*

Location

Eating Recovery Center
250 E. Basse Rd, Ste 206
San Antonio TX 78209

Adult Support Group

Date: 3rd Wednesday of each month

Time: 6:00 – 7:00 PM

Open to individuals 18+

Overcoming Overeating Support Group

Date: 1st Thursday of each month

Time: 6:00 – 7:00 PM

Open to individuals 18+

Adolescent Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Recommended for ages 12-17

Family & Friends Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Open to partners, parents, friends, siblings and other support persons 18+

Group Description:

Groups are available for alumni/family of ERC programs, patients/families in ERC Intensive Outpatient treatment and persons needing support in the community. These groups are ongoing, free support groups that focus on recovery.

For More Info: Please contact Niki DuBois directly at 210-503-4590 or niki.dubois@eatingrecovery.com