



ERC, Washington & Insight Behavioral Health Centers 2020 Support Groups (Seattle)

Group Description:

Eating Recovery Center, Washington and Insight Behavioral Health Centers offer free community support groups, for those struggling with an eating disorder including anorexia, bulimia, binge eating disorder, other disordered eating issues, along with mood and anxiety. Groups are ongoing support that focus on recovery and resilience and are provided as an adjunct to outpatient care. There is no cost to attend.

Mood, Anxiety and Trauma Alumni/Community Support Group

2nd Tuesday of every month

- January 14th
- February 11th
- March 10th
- April 14th
- May 12th
- June 9th
- July 14th
- August 11th
- September 8th
- October 13th
- November 10th
- December 8th

Time: 6:00 – 7:00pm

ERC/Insight, Washington
901 Boren Ave Suite 1800
Seattle, WA 98104

To RSVP or for more info:

Please email alumni@eatingrecovery.com