



# Support Groups

Eating Recovery Center,  
The Woodlands

**Date: First Wednesday of Every Month**

Dates for these group are ongoing.

## Adult Support Group

**Time: 12-1 PM**

Eating Recovery Center, The Woodlands  
17350 St. Luke's Way, Suite 220  
The Woodlands, TX 77384

## Adolescent Support Group

**Time: 4-5 PM**

Eating Recovery Center, The Woodlands  
17350 St. Luke's Way, Suite 220  
The Woodlands, TX 77384

## Group Description:

These groups are ongoing, complimentary support groups focused on eating disorder recovery. Groups are available for community members, alumni of Eating Recovery Center (ERC) programs, and individuals 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.

*Please note: Group facilitators may shift based on staffing needs*

## For More Info:

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