



Support Groups

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

Adult Support Group

Date: Third Wednesday of Each Month

Time: 6-7 PM

Facilitator: Landry Weatherston-Yarborough, LPC, NCC
Landry Weatherston-Yarborough is the Clinical Director at Eating Recovery Center, San Antonio.

Overcoming Overeating Support Group

Date: First Thursday of Each Month

Time: 5:30-6:30 PM

Facilitator: Aimee Keith, MA, PsyD
Dr. Aimee Keith has managed the Binge Eating Treatment and Recovery Program at Eating Recovery Center San Antonio since 2016.

Location:

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

Group Description:

Group is available for adult alumni of ERC programs, individuals in ERC Intensive Outpatient treatment and adults needing support in the community. These groups are ongoing, complimentary support groups that focus on recovery. Group facilitators may shift based on staffing needs. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

For More Info:

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



EATING
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LEADING THE WAY TO RECOVERY