



Free Community Support Groups

Group Description:

Eating Recovery Center, California is offering free community support groups, ages 13 and up, for those struggling with an eating disorder including anorexia, bulimia, binge eating disorder and other disordered eating issues. ERC, California is also offering a free community support group for families. These support groups provide support, resources and education on eating disorder treatment and recovery.

Support Groups:

Located at ERC, California at 3610 American River Dr., Suite 140 Sacramento, CA 95864

Adult Eating Disorder Support Group: Every Tuesday at 5:00-6:00pm

Family Support Group: Every Thursday at 5:00-6:00pm

Teen Eating Disorder Support Group: Every Thursday at 5:00-6:00pm

Facilitator:

Please note: Facilitators may rotate based on staffing needs

Call to RSVP/Times subject to change.

If you have any questions about our support groups, please reach out to Nica Selvaggio at Dominica.Selvaggio@eatingrecovery.com



EATING
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INSIGHT Behavioral
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