



EATING Recovery CENTER
INSIGHT Behavioral Health Centers
 LEADING THE WAY TO RECOVERY

Virtual Support Groups Available Nationwide



VIRTUAL SUPPORT GROUPS

Join fellow ERC/Insight community members for support, education, and connection in navigating the twists and turns of the mental health journey. Participation in the groups is online and there is no cost to attend. ERC/Insight strives to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first-come, first-served and limited to 15 participants each. Please note, the groups are a supplemental support and are not a replacement for mood and anxiety and/or eating disorder treatment, therapy, or medical advice.

WHO CAN PARTICIPATE?

ERC/Insight community members over the age of 18 are welcome to attend our groups. We offer groups specific to clinicians seeking peer support as well as alumni & community members who need to connect with others about recovery—building resiliency together.

WHAT SHOULD I EXPECT?

These groups occur over secure video conferencing and will be monitored and supported by an ERC staff member. Each group will start with a time for themed discussion, and time for free chat where you can share experiences, thoughts, successes, and challenges with others who can relate.

VIRTUAL SUPPORT GROUP SCHEDULE

LGBTQ+ Eating Disorder & Body Image Community Support Group

Mondays at 12:00 pm ET

Mental Health Support Group for People of Color

Mondays at 7:00 pm ET

Binge Eating Disorder Alumni Support Group

Mondays at 7:15 pm ET

Eating Disorder Alumni Support Group

Mondays at 7:30 pm ET

Eating Disorder Community Support Group

Tuesdays at 1:00 pm ET

Eating Disorder Alumni Support Group

Tuesdays at 7:00 pm ET

Binge Eating Disorder Alumni Support Group

Tuesdays at 7:15 pm ET

Eating Disorder Alumni Support Group

Tuesdays at 8:00 pm ET

Clinician Connection Support Group

Wednesdays at 2:00 pm ET

Overcoming Overeating Community Support Group

Wednesdays at 5:15 pm ET

Eating Disorders Community Support Group

Wednesdays at 7:00 pm ET

Anxiety & Depression Alumni Support Group

Wednesdays at 7:00 pm ET

Anxiety & Depression Community Support Group

Wednesdays at 8:00 pm ET

Family & Community Support Group (For Loved Ones of Adolescents)

Wednesdays at 8:15 pm ET

College Students & Early Adults Support Group

Thursdays at 2:00 pm ET

Family & Community Support Group (For Loved Ones of Adults)

Thursdays at 8:00 pm ET

Addictive Behaviors Skills Community Group

Fridays at 6:00 pm ET

Have questions?
 Email alumni@ercinsight.com

Groups are being updated to meet the needs of the community.

Please visit our websites for registration information and for the most up to date support group information.
eatingrecoverycenter.com/alumni/support-groups | insightbhc.com/virtual-support

Individuals will be sent a meeting ID and link to join the secure online meeting room in a registration confirmation email.

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