



Adolescent Support Groups

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

Date: Second Monday of every month

Group is available for adolescent alumni of ERC programs, individuals in ERC Intensive Outpatient treatment and adolescents needing support in the community.

Time: 5:30-6:30 PM

ERC, Austin

12221 Renfert Way, Suite 250

Austin, TX 78758

<https://www.eatingrecoverycenter.com/alumni/support-groups>

Facilitators: Allison Chase and Michelle Cross

Allison K. Chase, PhD, CEDS, has been working in the field of eating disorder treatment for over 20 years. Dr. Chase's areas of specialization include child and adolescent mental health issues, the treatment of eating disorders, parental training and education, and family- or team-based therapy.

Michelle Cross, LCSW, RD, LD has over 30 years of experience as a dietitian and has specialized in the treatment of eating disorders for over 20 years. Michelle's approach to nutrition therapy is rooted in empowering her clients to be mindful about their bodies by listening to internal clues of hunger and fullness.

Please note: Group facilitators may shift based on staffing needs

Group Description:

These groups are ongoing, complimentary support groups that focus on recovery; building on the treatment received while at ERC. 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.