



# ERC Dallas Support Groups

*Eating Recovery Center offers alumni support group for all adult alumni, at any stage of recovery, seeking recovery support.*

## **Date: Second and Fourth Thursday of Every Month**

Groups are ongoing throughout the year.

## **Dallas Adult Alumni Support Group**

Time: 6-7PM

Eating Recovery Center

4716 Alliance Blvd., Suite 400

Plano, TX 75093

## **Facilitator: Tatum Carter, MA**

Tatum works with ERC alumni and their family members. She is passionate about helping individuals in recovery connect with their inner strength through the resources and a community of support.

## **Group Description:**

The Dallas Adult Alumni Support Group is open to any ERC alumni 18 or older. Groups are complimentary and focus on recovery and building on the treatment received while at ERC. There is no need to RSVP. Group facilitators are ERC clinicians. 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 ERC Dallas at (972) 362-0933 or email Alumni@EatingRecovery.com

