



# Adult Support Groups

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

## Date: Second Thursday of every Month

We have three different support groups—one for adolescent alumni, one for adult alumni and another for families of ERC programs and individuals in ERC Intensive Outpatient treatment.

## Dallas Adult Alumni Support Group

**Time: 6-7PM**

ERC, Dallas

4716 Alliance Blvd., Suite 400

Plano, TX 75093

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

## Facilitator: Katie Bendel, LMSW

Katie works with alumni and their family, and is passionate about helping individuals in recovery connect to their strengths, resources, and a community of support.

## 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.

*Please note: Group facilitators may shift based on staffing needs*

## For More Info:

Call 214-980-6208 or email [Katie.Bendel@eatingrecovery.com](mailto:Katie.Bendel@eatingrecovery.com).