



ERC, Washington 2019 Eating Disorder Support Groups (Bellevue)

Group Description:

Eating Recovery Center, Washington and Insight Behavioral Health Centers offer free community support groups, for those struggling with an eating disorder including anorexia, bulimia, binge eating disorder, other disordered eating issues, along with mood and anxiety. Groups are ongoing support that focus on recovery and resilience and are provided as an adjunct to outpatient care. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

BETR Program Alumni/Community Support Group (Mara Gustafson, PhD)

Third Thursday of every month

- January 17th
- February 21st
- March 21st
- April 18th
- May 16th
- June 20th
- July 18th
- August 15th
- September 19th
- October 17th
- November 21st
- December 19th

Eating Disorder Alumni/Community Support Group (Nica Selvaggio, LMHC, NCC and Mara Serafin, LMHC)

Second and Fourth Thursday of every month

- January 10th and 24th
- February 13th and 28th
- March 14th and 28th
- April 11th and 25th
- May 9th and 23rd
- June 13th and 27th
- July 11th and 25th
- August 8th and 22nd
- September 12th and 26th
- October 10th and 24th
- November 14th and 28th
- December 12th and 26th

Time: 6:00 – 7:00pm

ERC, Washington
1231 116th Ave NE Suite 350
Bellevue, WA 98004

Facilitators:

Mara Gustafson, PhD, Nica Selvaggio, LMHC, NCC and Mara Serafin, LMHC

To RSVP or for more info:

Please email Dominica.Selvaggio@eatingrecovery.com