



Support Groups

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

Location:

ERC/Insight San Antonio
250 Basse Rd., Suite 206
San Antonio, TX 78209

Overcoming Overeating Support Group

Date: 1st Thursday of each month

Time: 5:30 – 6:30 PM

Facilitator: Aimee Keith, MA, PsyD

Dr. Aimee Keith has managed the Binge Eating Treatment and Recovery Program at Eating Recovery Center, San Antonio since 2016.

Family Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Karen Nowacek, MS, LPC

Karen is Clinical Manager of the Child & Adolescent Program at Eating Recovery Center, San Antonio.

Adolescent Support Group

Date: 2nd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Bernadette Byars, LPC

Bernadette Byars is a Primary Therapist at Eating Recovery Center, San Antonio.

Adult Support Group

Date: 3rd Wednesday of each month

Time: 6:00 – 7:00 PM

Facilitator: Landry Weatherston-Yarborough, LPC, NCC

Landry is the Clinical Director at Eating Recovery Center, San Antonio.

Group Description:

Groups are available for alumni of ERC programs, individuals in ERC Intensive Outpatient treatment and persons needing support in the community. These groups are ongoing, complimentary support groups that focus on recovery. Group facilitators may shift based on staffing needs. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

For More Info:

Please call 214-980-6208 or email Katie.Bendel@eatingrecovery.com.