



ERC, California 2020 Support Group

Group Description:

Eating Recovery Center, California offers 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.

Alumni/Community Support Group

2nd Wednesday of every month

- January 8th
- February 12th
- March 11th
- April 8th
- May 13th
- June 10th
- July 8th
- August 12th
- September 9th
- October 14th
- November 11th
- December 9th

Time: 5:00-6:00pm

Eating Recovery Center, California
3610 American River Drive Suite 140
Sacramento, CA 95864

Facilitator:

Please note: Facilitators may rotate based on staffing needs

To RSVP or for more info:

If you would like to RSVP or have any questions about groups, please email alumni@eatingrecovery.com