



Eating Recovery Center Houston

Support Groups

These groups are ongoing, complimentary support groups focused on eating disorder recovery. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

Location

Eating Recovery Center
7515 Main Street
Houston, TX 77030

FAMILY SUPPORT GROUP

**Dates: 1st and 3rd
Tuesdays of Each
Month**

Dates for this group are ongoing.

Time

5:30-6:30 PM

Facilitator

Shardé Taylor, M. Ed,
LPC-Intern supervised
by Shelley Zavodny
Shardé is a Licensed
Professional Counselor-
Intern and serves as a
primary therapist for
Eating Recovery Center
Houston.

Group Description

Group is available for to partners, parents, friends, siblings and other support persons 18 or older. No previous treatment at ERC/Insight is required.

ALUMNI SUPPORT GROUP

**Dates: 2nd and 4th
Tuesdays of Each
Month**

Dates for this group are ongoing.

Time

5:30-6:30 PM

Facilitator

Anسلم Khoo, M.ED.,
LPC
Anسلم is a licensed
professional counselor
and serves as a
primary therapist for
Eating Recovery
Center Houston

Group Description

Group is focused on eating disorder recovery and is available to adult community members, adult alumni of ERC and adults in ERC IOP treatment.

MEN'S SUPPORT GROUP

**Dates: Every
Thursday**

Dates for this group are ongoing.

Time

5:30-6:30 PM

Facilitator

Dr. Jason James
Dr. James is a board
certified psychiatrist.
His approach to
treatment is empathic,
personalized, patient-
centered.

Group Description

Group is focused on supporting the fathers, husbands, brothers and boyfriends of those with an eating disorder.



EATING
RECOVERY CENTER
INSIGHT Behavioral
Health Centers
LEADING THE WAY TO RECOVERY