



Virtual Support Group

Join fellow caregivers and family members for a weekly internet group offering support, education about eating disorders, and connection with other individuals with shared experiences. Participation in the group is free and open to anyone who is supporting a person with an eating disorder, and there is no prerequisite that your loved one attended treatment at ERC. Please note, the group is supplemental support for families and loved ones, and is not a replacement for eating disorder treatment, therapy, or medical advice.

What Should I Expect?

This group takes place over secure video conferencing and is monitored and guided by a trained facilitator. Each group starts with a psycho-educational topic related to supporting your loved one, followed by themed discussion and free chat. You'll learn from others' journeys and share your own (if you care to) to gather support and encouragement from others who can relate to your situation.

When Does it Happen?

Every Thursday at 8:00 p.m. ET

How to Join the Group

Contact Alumni@EatingRecovery.com

Participants will be sent a consent form to complete their registration. Once your consent form is returned to the moderator, you will receive the meeting ID and a link to join the secure online meeting room.

“

As I supported my daughter through her recovery, I started local support groups to help others. It seems like a natural next step to moderate a virtual support group to caregivers who have limited access to caregiver support. I look forward to connecting with you to offer resources and support.

”

Beth Ayn Stansfield, M.Ed.
National Family Advocate and Group Moderator
Eating Recovery Center
Insight Mood & Anxiety Centers