



# ERC, Washington 2020 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 16th
- February 20th
- March 19th
- April 16th
- May 21st
- June 18th
- July 16th
- August 20th
- September 17th
- October 15th
- November 19th
- December 17th

## Eating Disorder Alumni/Community Support Group (Mara Serafin, LMHC)

1<sup>st</sup> Thursday of every month

- January 2nd
- February 6th
- March 5th
- April 2nd
- May 7th
- June 4th
- July 2nd
- August 6th
- September 3rd
- October 1st
- November 5th
- December 3rd

## Time: 6:00 – 7:00pm

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

## Facilitators:

Mara Gustafson, PhD and Mara Serafin, LMHC

## To RSVP or for more info:

Please email [alumni@eatingrecovery.com](mailto:alumni@eatingrecovery.com)