



Adult Support Groups

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

Date: Third Thursday of every month

Group is available for adult alumni of ERC programs, individuals in ERC Intensive Outpatient treatment and adults needing support in the community.

Time: 6-7PM

ERC, Austin

12221 Renfert Way, Suite 250

Austin, TX 78758

<https://www.eatingrecoverycenter.com/alumni/support-groups>

Facilitator: Michelle Cross

Michelle Cross, LCSW, RD, LD has over 30 years of experience as a dietitian and has specialized in the treatment of eating disorders for over 20 years. Michelle's approach to nutrition therapy is rooted in empowering her clients to be mindful about their bodies by listening to internal clues of hunger and fullness.

Please note: Group facilitators may shift based on staffing needs

Group Description:

These groups are ongoing, complimentary support groups that focus on recovery; building on the treatment received while at ERC. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

For More Info:

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