



ERC, Washington 2018 Eating Disorder Support Groups

Group Description:

Eating Recovery Center, Washington and Insight Behavioral Health 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.

Eating Disorder Alumni/Community Support Group

- October 11th and October 25th
- November 8th and November 21st
- December 13th and December 27th

Binge Eating Treatment and Recovery Alumni/Community Support Group

Third Thursday of every month

- October 18th
- November 15th
- December 20th

Time: 6:00 – 7:00pm

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

Facilitator: Nica Selvaggio, LMHC, NCC

Nica Stepien, LMHC, NCC, has worked in the field of eating disorder treatment as a mental health clinician for the past 4 years. She started her career at Eating Recovery Center of Washington in 2014 as a Therapist and then went on to work at Opal: Food and Body Wisdom and The Emily Program. She is passionate about her work in helping people heal from eating disorders and is excited to rejoin ERCWA as the Alumni Event Coordinator to continue providing support for people in their recovery.

To RSVP or for more info:

Please reach out to Nica Selvaggio at Dominica.Selvaggio@eatingrecovery.com