



ERC, Washington and Insight Behavioral Health Centers 2018 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.

Eating Disorder Alumni/Community Support Group

First Tuesday of every month

- October 2nd
- November 6th
- December 4th

Mood, Anxiety and Trauma Alumni/Community Support Group

Second Tuesday of every month

- October 9th
- November 13th
- December 11th

Time: 6:00 – 7:00pm

ERC/Insight, Washington
901 Boren Ave Suite 1800
Seattle, WA 98104

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. Nica is also an adjunct faculty member at Bastyr University, where she teaches the Counseling for Eating Disorders course to Counseling and Nutrition graduate students. 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