



# ERC, Washington 2019 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

Third Thursday of every month

- January 7<sup>th</sup>
- February 21<sup>st</sup>
- March 21<sup>st</sup>
- April 18<sup>th</sup>
- May 16<sup>th</sup>
- June 20<sup>th</sup>
- July 18<sup>th</sup>
- August 15<sup>th</sup>
- September 19<sup>th</sup>
- October 17<sup>th</sup>
- November 21<sup>st</sup>
- December 19<sup>th</sup>

## Eating Disorder Alumni/Community Support Group

Second and Fourth Thursday of every month (February =2<sup>nd</sup> Wednesday, due to holiday)

- January 10<sup>th</sup> and 24<sup>th</sup>
- February 13<sup>th</sup> and 28<sup>th</sup>
- March 14<sup>th</sup> and 28<sup>th</sup>
- April 11<sup>th</sup> and 25<sup>th</sup>
- May 9<sup>th</sup> and 23<sup>rd</sup>
- June 13<sup>th</sup> and 27<sup>th</sup>
- July 11<sup>th</sup> and 25<sup>th</sup>
- August 8<sup>th</sup> and 22<sup>nd</sup>
- September 12<sup>th</sup> and 26<sup>th</sup>
- October 10<sup>th</sup> and 24<sup>th</sup>
- November 14<sup>th</sup> and 28<sup>th</sup>
- December 12<sup>th</sup> and 26<sup>th</sup>

## Time: 6:00 – 7:00pm

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

## Facilitator: Nica Selvaggio, LMHC, NCC

Nica Selvaggio, 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 Family Liaison 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](mailto:Dominica.Selvaggio@eatingrecovery.com)