Eating Recovery Center Houston
Support Groups

These groups are ongoing, complimentary support groups focused on eating disorder recovery. There is no cost to attend.

Location
Eating Recovery Center
7515 Main Street
Houston, TX 77030

FAMILY SUPPORT GROUP

Dates: 1st and 3rd Tuesdays of Each Month
Dates for this group are ongoing.

Time
5:30-6:30 PM

Facilitator
Shardé Taylor, M. Ed, LPC
Shardé is a Licensed Professional Counselor and serves as a primary therapist for Eating Recovery Center Houston.

Group Description
Group is available for to partners, parents, friends, siblings and other support persons 18 or older. No previous treatment at ERC/Insight is required.

ALUMNI SUPPORT GROUP

Dates: 2nd and 4th Tuesdays of Each Month
Dates for this group are ongoing.

Time
5:30-6:30 PM

Facilitator
Shardé Taylor, M. Ed, LPC
Shardé is a Licensed Professional Counselor and serves as a primary therapist for Eating Recovery Center Houston.

Group Description
Group is focused on eating disorder recovery and is available to adult community members, adult alumni of ERC and adults in ERC IOP treatment.

MEN’S SUPPORT GROUP

Dates: Every Thursday
Dates for this group are ongoing.

Time
5:30-6:30 PM

Facilitator
Dr. Jason James
Dr. James is a board certified psychiatrist. His approach to treatment is empathic, personalized, patient-centered.

Group Description
Group is focused on supporting the fathers, husbands, brothers and boyfriends of those with an eating disorder.