



Overcoming Overeating Support Group

Date: First Thursday of Each Month

Group is available to adult alumni of ERC programs and individuals in the community struggling with overeating

Time: 5:30-6:30PM

ERC, San Antonio
255 Basse Rd., Suite 206
San Antonio, TX 78209

Facilitator: Kathryn Gates, LMFT



Kathryn has assisted people in improving the relationship with their bodies since 2005. Her perspective includes a focus on the physical, spiritual and relational aspects of a person, in addition to the mental and emotional components. Kathryn is motivated and fulfilled by watching her clients experience the freedom of recovery.

Group Description:

This is an ongoing, complimentary support group that focuses on recovery. There is no cost to attend. There is an optional donation to the Eating Recovery Foundation, payable by check or cash.

This group may be a good fit for you if:

- You ever feel guilty about eating or eat past feeling comfortably full
- You ever feel embarrassed about how much you eat
- You notice that you sometimes eat, even if you don't feel hungry

For Questions or More Info:

Kathryn Gates 210-826-7447 x44104, Kathryn.Gates@eatingrecovery.com.