



# Free Community Support Groups

Eating Recovery Center, California is offering free community support groups, ages 16 and up, for those struggling with an eating disorder including anorexia, bulimia, binge eating disorder and other disordered eating issues. ERC, California is also offering a free community support group for families. These support groups provide support, resources and education on eating disorder treatment and recovery.

## Sacramento ED Support Group

Every Tuesday  
6:00 – 7:00pm

### **Location:**

ERC, California  
3610 American River Dr., Suite 140  
Sacramento, CA 95864

## Sacramento Binge Eating Disorder Support Group

Every Wednesday  
6:00 – 7:00 pm

### **Location:**

ERC, California  
3610 American River Dr., Suite 140  
Sacramento, CA 95864

## Roseville ED Support Group

Every Thursday  
6:00 – 7:00pm

### **Location:**

8775 Sierra College Blvd., Suite 200  
Roseville, CA 95661  
Please email [julia@empathicway.com](mailto:julia@empathicway.com) to register

## Sacramento Family Support Group

Every Tuesday  
5:00 – 6:00 pm

### **Location:**

ERC, California  
3610 American River Dr., Suite 140  
Sacramento, CA 95864

If you have any questions about our support groups, please reach out to [alumni@EatingRecovery.com](mailto:alumni@EatingRecovery.com).