



# Free Community Support Groups

Eating Recovery Center, Washington 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. These support groups provide support, resources and education on eating disorder treatment and recovery.

## **Bellevue ED Support Group**

Every Tuesday of the month  
6:30—7:30pm

### **Location:**

Overlake Medical Pavilion  
1231 116th Ave NE  
3rd Floor  
Bellevue, WA 98004

### **Facilitator:**

Michelle Wedig, PhD

Free/ Drop-ins welcome

## **Tacoma ED Support Group**

1st & 3rd Wednesday of the month  
5:30—7:00pm

### **Location:**

HopeSparks  
6424 N. 9th Street  
Tacoma, WA 98406

### **Facilitator:**

Maureen Peterson, MA, LMHC

Free/ Drop-ins welcome

If you have any questions about our support groups, please reach out to Shannon.Braasch@EatingRecovery.com or at (303) 731-8167.



National Association of Anorexia Nervosa & Associated Disorders  
P.O. Box 640, Naperville, IL 60566 [www.anad.org](http://www.anad.org)