



ALUMNI ONLINE SUPPORT GROUPS

ERC ONLINE SUPPORT GROUPS

Join fellow ERC alumni for support, education, and connection in navigating the twists and turns of recovery. Participation in the groups is online and there is no cost to attend. Participants are asked to commit to attending for six weeks to make full use of the group, and you can start at any time. Please note, the groups are a supplemental support and are not a replacement for eating disorder treatment, therapy, or medical advice.

WHO CAN PARTICIPATE?

Any ERC program alumni can participate in our groups. Whether you have recently left treatment or need a recharge, these groups are an opportunity to connect with your recovery.

WHAT SHOULD I EXPECT?

These groups occur over secure video conferencing and will be monitored and supported by an ERC staff member. Each group will start with a psychoeducational topic related to recovery and relapse prevention, time for themed discussion, and time for free chat where you can share experiences, thoughts, successes, and challenges with others who relate.

WHEN DOES IT HAPPEN?

BETR ALUMNI ONLINE SUPPORT GROUP: Mondays at 7 pm EST

ED ALUMNI ONLINE SUPPORT GROUP: Tuesdays at 8 pm EST



TO PARTICIPATE, CONTACT US AT ALUMNI@EATINGRECOVERY.COM

Upon emailing the moderator, alumni will be sent a consent form to complete. You will then receive a meeting ID and link to join the secure online meeting room.