



Do you or someone you know struggle with their relationship to food and their body? You're not alone. In fact, more than **28 million Americans will have an eating disorder** in their lifetime.¹ We understand just how hard this time can be – when your daily thoughts are consumed with food, exercise and your body, and the world around you feels smaller and smaller. While your struggles are real, they are not permanent, and they do not define you. With appropriate treatment, support and access to community and connection, you or your loved one can address their eating disorder and discover a fulfilling life rooted in long-lasting recovery.



Free Support Groups

Join our in-person and virtual groups across the U.S. for a way to connect with peers in a positive and supportive environment. Support groups and schedule listed on back of this flyer.

[EatingRecovery.com/Support-Groups](https://www.eatingrecovery.com/support-groups)



Mental Note Podcast

Hope-filled episodes to provide education and inspiration through personal mental health and recovery stories.

[MentalNotePodcast.com](https://www.mentalnotepodcast.com)



Say It Brave: Real Voices. One Goal. End Mental Health Stigma.

This collective is an inclusive community of influencers and thought leaders dedicated to fostering connection, providing free resources and ending mental illness stigma. Say It Brave believes that sharing your truth in a safe space, or “saying it brave,” is essential to well-being and recovery.

[EatingRecovery.com/Say-It-Brave](https://www.eatingrecovery.com/say-it-brave)



Love Your Tree

This creative arts program focuses on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

[LoveYourTree.org](https://www.loveyourtree.org)



Blogs and Articles

Stories and information to support individuals on their path to mental wellness.

[EatingRecovery.com/Blog](https://www.eatingrecovery.com/blog)



Community Outreach and Events

ERC hosts and engages with local, regional and national events for alumni, family, support persons and community members.

[EatingRecovery.com/Events/Community](https://www.eatingrecovery.com/events/community)



Connect With Us

Join our supportive online communities to receive support, inspiration and updates about resources and events.



[Eating Recovery Center](https://www.facebook.com/eatingrecoverycenter)



[@EatingRecovery](https://www.instagram.com/eatingrecovery)



[Eating Recovery Center](https://www.youtube.com/eatingrecoverycenter)



[@EatingRecovery](https://www.twitter.com/eatingrecovery)

Crisis Support and Nonprofit Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

National Eating Disorder Association Helpline

Call or text: 800-931-2237

National Alliance for Eating Disorders Support Groups: allianceforeatingdisorders.com

Hope For The Day®

Scan the QR code to learn more and to find mental health and community services available near you.



1. Deloitte Access Economics (2020). The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders.



VIRTUAL SUPPORT GROUPS AVAILABLE NATIONWIDE

VIRTUAL SUPPORT GROUP SCHEDULE*

ALUMNI-ONLY GROUPS

Alumni of ERC

- ✓ **Eating Disorder Alumni Support Group**
Mondays at 7:30 pm ET
- ✓ **Binge Eating Disorder Alumni Support Group**
Tuesdays at 7:15 pm ET
- ✓ **Eating Disorder Alumni Support Group**
Tuesdays at 8:00 pm ET
Closed captioning provided

FAMILY AND CAREGIVER GROUPS

Anyone supporting a loved one with an eating disorder is welcome. Prior treatment at ERC is not required.

- ✓ **Support Group for Loved Ones of Adolescents**
Wednesdays at 6:00 pm ET
- ✓ **Support Group for Loved Ones of Adolescents**
Wednesdays at 8:15 pm ET
- ✓ **Support Group for Loved Ones of Adults**
Thursdays at 8:00 pm ET
- ✓ **Support Group for Loved Ones of Adults**
Thursdays at 9:30 pm ET

COMMUNITY GROUPS

Anyone is welcome. Prior treatment at ERC is not required.

- ✓ **LGBTQ+ Eating Disorder & Body Image Community Support Group**
Mondays at 12:00 pm ET
- ✓ **Mental Health Support Group for People of Color**
Mondays at 7:00 pm ET
- ✓ **Eating Disorder Community Support Group**
Tuesdays at 1:00 pm ET
- ✓ **Clinician Connection Support Group**
Wednesdays at 2:00 pm ET
- ✓ **Stronger Together: Binge Eating Recovery Community Support Group**
Wednesdays at 5:15 pm ET
- ✓ **Eating Disorders Community Support Group**
Wednesdays at 7:00 pm ET
- ✓ **College Students and Early Adults Support Group**
Thursdays at 2:00 pm ET
- ✓ **Addictive Behaviors Skills Community Group**
Fridays at 6:00 pm ET

Please visit our website for registration information and for the most up-to-date support group information:
EatingRecovery.com/Support-Groups

Virtual Support Groups

Join fellow ERC community members for peer support, education and connection in navigating the twists and turns of the mental health journey. Participation in the groups is online and there is no cost to attend. ERC strives to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first come, first served and limited to 15 participants each. Please note, the groups are a supplemental support and are not a replacement for mood and anxiety and/or eating disorder treatment, therapy or medical advice.

Who Can Participate?

Anyone over the age of 18 is welcome to attend our groups. We offer groups specific to clinicians seeking peer support as well as alumni, family and community members who need to connect with others for support – building resiliency together.

What Should I Expect?

These groups occur over secure video conferencing and are monitored and supported by an ERC-trained facilitator. Each group starts with a time for themed discussion, followed by time for free chat where you can share experiences, thoughts, successes and challenges with others who can relate.

Individuals will be sent a meeting ID and link to join the secure online meeting room in a registration confirmation email.

Have questions? Email Resources@ERCPATHLIGHT.COM

*Groups are subject to change to meet the needs of the community.

To learn more about free community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free consultation with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | EatingRecovery.com