

COMMUNITY, ALUMNI AND FAMILY SUPPORT SERVICES







We understand how much effort it takes to strengthen your resilience on this recovery journey. We are here to help light your way and support you and your unique needs. Eating Recovery Center (ERC) offers resources and events for ongoing support to individuals and families throughout their journey.

CONNECT WITH US

ERC SOCIAL MEDIA

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

 facebook.com/eatingrecovery  [@eatingrecovery](https://instagram.com/@eatingrecovery)
 youtube.com/eatingrecoverycenter  [@eatingrecovery](https://twitter.com/@eatingrecovery)

BINGE EATING CONNECTION

An online community inspiring people to share experiences, tips for recovery and information about their struggle with binge eating disorder.
Facebook.com/BingeEatingConnection

EATING DISORDERS FAMILY CONNECTION (EDFC)

A Facebook-based community open to any family member or support person of a loved one with an eating disorder, regardless of that person's treatment or recovery status. Master's-level clinicians moderate and validate the community and the information shared.
Facebook.com/Groups/EatingDisordersFamilyConnection



CONTINUED CONNECTION

Opportunities to connect with your Alumni and Community Outreach Liaison for additional support, encouragement and resources throughout the year after discharge.



FREE SUPPORT GROUPS

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

EatingRecovery.com/Support-Groups



BLOGS AND ARTICLES

Stories and information to support individuals on their path to mental wellness. EatingRecovery.com/Blog



SAY IT BRAVE

**Real Voices. One Goal.
End Mental Health Stigma.**

An inclusive community dedicated to fostering connection, providing free resources and ending mental stigma. We believe that sharing your truth in a safe space, or "Saying it Brave" is essential to being.

EatingRecovery.com/Say-It-Brave



EVENTS

Local, regional and national events for alumni, family, support persons and community members.

EatingRecovery.com/Events/Community



MENTAL NOTE PODCAST

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

MentalNotePodcast.com

We're Here to Help

If you are interested in learning more about community, alumni and family support resources, please email Resources@ERCPATHLIGHT.COM



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.

- ✓ **Binge Eating Disorder Community Support Group**
Mondays at 1:00 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**
Thursdays at 6:15 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.*

Please contact us to schedule a free consultation with a master's-level clinician.

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