

Eating Disorder Community Resources

With the right treatment, support and community, you or your loved one can live a fulfilling, values-driven life. Whether you are just starting your mental health journey or you have been on this path for a while, you don't have to seek healing on your own. We offer a variety of free resources to fit your life and help build community around you.



Free Support Groups

See back page for our support group schedule.

EatingRecovery.com/Support-Groups



Mental Note Podcast

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

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 health stigma.

EatingRecovery.com/Say-It-Brave



Love Your Tree Arts Program

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

LoveYourTree.org



Blogs and Resources Guides

Clinical insights and personal stories offer education and practical tools to support eating disorder recovery.

EatingRecovery.com/Blog



Recommended Books

Check out our favorite books to help you and your loved ones better understand eating disorders.

EatingRecovery.com/Recommended-Reading



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



Eating Disorders Family Connection

This community provides support and resources for family members or support persons of a loved one who has an eating disorder or is in recovery.

Facebook.com/Groups/EatingDisordersFamilyConnection



Connect With Us

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



[Eating Recovery Center](https://EatingRecoveryCenter.com)



[@EatingRecovery](https://EatingRecovery.com)



[@ERCPATHLIGHT](https://ERCPATHLIGHT.com)

Crisis Support and Nonprofit Resources

National Suicide Prevention Lifeline
Call or text 988

National Alliance for Eating Disorders
finedhelp.com

Crisis Text Line
Text HOME to 741741

ANAD Helpline
Call: 1-888-375-7767

Online Support Groups Available Nationwide

SCHEDULE

COMMUNITY GROUPS

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

Mondays at 10 am MT
**LGBTQ+ EATING
DISORDER AND BODY
IMAGE GROUP**

Tuesdays at 11 am MT
Wednesdays at 5 pm MT
**EATING DISORDER
GROUP**

Mondays at 11 am MT
**BINGE EATING
DISORDER GROUP**

Tuesdays at 12 pm MT
**BODY IMAGE SUPPORT
GROUP**

Mondays at 4:15 pm MT
Wednesdays at 1 pm MT
**30+ EATING
DISORDER GROUP**

Thursdays at 12 pm MT
**COLLEGE STUDENTS AND
EARLY ADULTS GROUP**

Mondays at 5 pm mt
**MENTAL HEALTH
GROUP FOR PEOPLE
OF COLOR**

Thursdays at 1:30 pm MT
**CLINICIANS IN
EATING DISORDER
RECOVERY GROUP**

Thursdays at 6 pm MT
**MEN'S EATING
DISORDER GROUP**

Have questions? Email us at Resources@ERCPATHLIGHT.COM

ALUMNI-ONLY GROUPS

Prior treatment at ERC is required.

Mondays at 5:30 pm MT
Tuesdays at 6 pm MT
**EATING DISORDER
GROUP**

Tuesdays at 5:15 pm MT
**BINGE EATING
DISORDER GROUP**

FAMILY AND CAREGIVER GROUPS

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

Mondays at 6 pm MT
**FAMILY AND FRIENDS
OF ADULTS GROUP**

Wednesdays at 4 pm MT
Wednesdays at 6:15 pm MT
**FAMILY AND FRIENDS OF
CHILD/ADOLESCENTS GROUP**

Please visit our website for registration information and for the most up-to-date support group information.



Note: Groups are subject to change to meet the needs of the community. Closed captioning is provided for all support groups.

Online Support Groups

Join fellow community members for peer support and connection in navigating the twists and turns of the recovery journey. Participation in the groups is online and there is no cost to attend. ERC offers rotating support group series for different populations and identities throughout the year. The size of our groups may fluctuate from week to week. Any group that consistently has 20 or more attendees is evaluated by our team to ensure all participants are able to have a positive experience. Note that the groups are a supplemental support and not a replacement for eating disorder treatment, therapy or medical advice. See our website for in-person offerings.

Who Can Participate?

Anyone over the age of 18 is welcome to attend our groups. We offer groups for alumni, loved ones and community members who would benefit from connecting with others for support and community.

What Should I Expect?

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

Individuals will be sent a meeting ID and link to join the online meeting room in a reminder email on the day of group.

Call **1-877-825-8584** to schedule a free consultation with a master's-level clinician.
Email Resources@ERCPATHLIGHT.COM for free community resources.

EatingRecovery.com