

Suggested Virtual Support Groups

MONDAYS

Center for Discovery

For Individuals in Recovery

Time: 2nd & 4th Monday 8-9pm EST

Link: <https://centerfordiscovery.zoom.us/j/447118922> **Meeting ID:** 447-118-922

Description: This group is open to anyone who is currently in treatment, in recovery, or has not yet sought treatment yet for an eating disorder. 18+

Cost: Free

Eating Recovery Center

Mental Health Support Group for People of Color

Time: Every Monday 7-8pm EST

Link: Complete registration form

<https://ercinsightevents.force.com/events/s/lt-event?id=a5o2l0000005C1sQAE>

Description: this support group is intended as a closed space designated for BIPOC (black, indigenous, people of color) where attendees can feel supported without having to explain themselves. This peer support group will provide support for the unique mental health challenges that individuals in this group may be facing.

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

Time: Every Monday 11-12am EST

Link: Email cohnrebecca11@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder.

Cost: Free

Alliance for Eating Disorders

Time: Every Monday 7-8:30pm EST

Link: http://bit.ly/AEDA_Chat_With_Johanna

Description: Support for individuals experiencing/recovering from eating disorders.

Cost: Free

Eating Recovery Center

Virtual LGBTQ+ Midday Eating Disorder and Body Image Support Group

Time: Every Monday 12-1pm EST

Link: Complete registration form

https://ercinsightevents.force.com/events/eventapi__router?event=a5o2l000000bqFN

Description: Open to the LGBTQ+ community seeking eating disorder support.

Cost: Free

Lutz, Alexander Nutrition Therapy

Brave Bodies Lunch Bunch

Time: Mondays, 12-1pm EST

Link: <https://lutzandalexander.com/groups/community-lunchtime-support-group/>

Description: This community lunch group will offer a brave space, away from diet culture, to discuss important topics related to body acceptance & appreciation, Health At Every Size®, weight inclusive care, Intuitive Eating, and freedom from diet culture. You don't have to be 100% body positive or have mastered intuitive eating to be in this group. The group strives to offer support to those wrestling with these topics and wanting a community of folks who "get it."

Cost: \$20/group or a 4 groups "punch card" for \$60

TUESDAYS

Eating Recovery Center

Virtual Midday Eating Disorder Support Group

Time: Every Tuesday 1-2pm EST

Link: email Tatum.Carter@EatingRecovery.com

Description: Open to the community and alumni to receive midday support in a virtual group setting. This group is open to anyone seeking eating disorder recovery support. 18+

Cost: Free

MEDA

Free Virtual Drop-In Group

Time: Every Tuesday and Thursday 7:00-8:00 pm EST

Link: <https://www.medainc.org/events/>

Cost: Free

Third Wave Psychotherapy

Time: Every Tuesday 4-5pm EST

Link: <https://www.3rdwavetherapy.com/eating-disorder-recovery-support-group/>

Description: This group is a safe and non-judgmental space to talk about your challenges and your successes in eating disorder recovery. This group is health-at-every-size (HAES) affirming. That means we respect body diversity and we encourage and support lifestyle choices that do not put an emphasis on weight or body size.

Facilitated by Ashley Emmons, LCMHCA, CRC

Cost: Free

Eating Disorder Foundation

Men's Group

Time: The 2nd & 4th Tuesday of the month 8-9pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgcITozvFw53khER6S8a8K5uXq0iePtdl> Scroll to the bottom to fill out consent form

Description: This support group is ideal for those at least 18 years old identifying as male who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

Time: Every Tuesday 7-8pm EST

Link: Email anad4lovedones@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder. 18+

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

Time: 2nd & 4th Tuesday of each month 10-11am EST

Link: Email eileenlcsw@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder. 18+ Led by Eileen Moran, LCSW-R, PMH-C

Cost: Free

Eating Disorder Foundation

Time: Every Tuesday 2:30-3:30pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgcITozvFw53khER6S8a8K5uXq0iePtdl> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 18 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

[Eating Disorder Foundation](#)

Time: Every Tuesday 8-9:30pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdl> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 18 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

WEDNESDAYS

[Center for Discovery](#)

Binge Eating Disorder Support Group

Time: Every Wednesday 7-8pm PST | 8-9pm MST | 9-10pm CST | 10-11pm EST

Link: <https://centerfordiscovery.zoom.us/meeting/register/tJErcOipqilqGtyAlZC1vRQugyKdjN3ZEb1M>

Description: This group is open to anyone impacted by binge eating disorder.

Cost: Free

[Nalgona Positivity Pride](#)

[Sage + Spoon](#) (only for people of color)

Time: Last Wednesday of the month 8-9pm EST

Link: Email nppmeetings@gmail.com to sign up

Description: Eating disorders and disordered eating in communities of color have long gone undetected and untreated by the larger ED recovery professional world. This group was formed to create a space and an opportunity for healing for the communities that are continuously left behind.

Cost: Free

[ANAD \(Anorexia Nervosa and Associated Disorders\)](#)

Time: Every Wednesday 7-8pm EST

Link: Email shnason@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder.

Cost: Free

[ANAD \(Anorexia Nervosa and Associated Disorders\)](#)

Time: Every Wednesday 8-9pm EST

Link: Email brookeanad@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder.

Cost: Free

[Eating Disorder Foundation](#)

Time: Every Wednesday 2:30-3:30pm EST

Link<https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 18 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

[Eating Disorder Foundation](#)

LGBTQ+ Eating Disorder Support Group

Time: Every Wednesday 7:30-8:30pm EST

Link<https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: This support group is ideal for lesbian, gay, bisexual, transgender, queer, and gender non-conforming individuals at least 18 years old to discuss struggles with disordered eating, body image, and identity.

Cost: Free

[Alliance for Eating Disorders](#)

Time: Every Wednesday 7-8:30pm EST

Link: http://bit.ly/AEDA_Chat_With_Johanna_FF

Description: Support for loved ones of individuals experiencing/recovering from eating disorders.

Cost: Free

[Eating Recovery Center](#)

Stronger Together: Support for Binge Eating Recovery

Time: Every Wednesday 5:15-6:15pm EST

Link: Register online at

<https://ercinsightevents.force.com/events/s/lt-event?id=a5o2l000000bqFSQAY> or email Niki.DuBois@EatingRecovery.com

Description: Stronger Together is an opportunity for alumni and community members to receive support in a virtual group setting. This group is open to anyone seeking eating disorder (Binge Eating and other related disordered eating issues) recovery support. 18+

Cost: Free

THURSDAYS

Center for Discovery

For Individuals in Recovery

Time: Every Thursday 4-5pm EST

Link: <https://centerfordiscovery.zoom.us/j/431463081> **Meeting ID:** 431-463-081

Description: This group is open to anyone who is currently in treatment, in recovery, or has not yet sought treatment yet for an eating disorder. 18+

Cost: Free

Eating Disorder Foundation

Time: Every Thursday 2:30-3:30pm EST

Link<https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 30 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns. Due to the high volume of people coming to our 30+ groups, we ask that members attend the Thursday group OR the Saturday group, not both. Our hope is that this will give more people the chance to attend before we consider other options.

Cost: Free

Eating Disorder Foundation

Virtual Art Journaling Group

Time: Every Thursday 8-9:30pm EST

Link<https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: Bring your own art supplies and “Create Your Story” through art journaling. It is your art journal and your time to express yourself through art in any way you choose. Hang out and make art in a relaxed, fun virtual environment with your fellow EDF members. Must be at least 18 years old to attend.

Cost: Free

Eating Recovery Center

Virtual College Student/Early Adult Support Group

Time: Every Thursday 2-3pm EST

Link: Register online at

<https://ercinsightevents.force.com/events/s/lt-event?id=a5o2l000000bqEtQA> or email Maggie.Moore@EatingRecovery.com

Description: Open to the community and alumni as a safe space for college students/early adults to come together. Topics discussed will include general mental health coping skills, ways to cope during transition and change, food and health anxiety and mindfulness skills. 18+

Cost: Free

Eating Disorder Foundation

Time: Every Thursday 2:30-3:30pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0OcTJMaNiMhsoFcgcITozvFw53khER6S8a8K5uXq0iePtdl> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 18 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

Time: Every Thursday 7-8pm EST

Link: Email kirstenANAD@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder, ages 25+

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

AGE SPECIFIC GROUP: 15-24 years old

Time: Every Thursday 5-6pm PST | 6-7MST | 7-8pm CST | 8-9pm EST

Link: Email kirstenANAD@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder, ages 15-24

Cost: Free

FRIDAYS

Alsana

Time: Every Friday 3-4pm EST

Link: <https://www.alsana.com/online-meeting-waiver/>

Description: This group is educational in nature and provides participants with an online community in which one can receive support and encouragement from the facilitator as well as peers.

Cost: Free

Eating Disorder Foundation

Adolescent Support Group

Time: Every Friday 7-8pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: This group is for ages 13-17, addressing body image, self-worth, social media impact, self-care and more. All genders welcome.

Cost: Free

Eating Disorder Foundation

Time: Every Friday 2:30-3:30pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdI> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals at least 18 years old who are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

SATURDAYS

Alliance for Eating Disorders

Individual Pro-Recovery Support

Time: Every Saturday 11-12:30 PM EST

Link: <https://tinyurl.com/vfzgbob>

Description: Online check-in for those experiencing and/or recovering from eating disorders

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

LGBTQ+ Online Support Group

Time: 1st & 3rd Saturday 12-1pm EST

Link: Email lgbtq.edgroup@gmail.com

Description: This weekly, virtual support group is free and confidential and is open to anyone LGBTQ+ identified struggling with any type of eating disorder. It is led by Hayden, a CCI Certified Eating Disorder Recovery Coach. Ages 14+

Cost: Free

Eating Disorder Foundation

Time: Every Saturday 12-1:30pm EST

Link: <https://www.eatingdisorderfoundation.org/get-help/support-groups/?fbclid=IwAR3W8FvJelc0ocTJMaNiMhfsoFcgCITozvFw53khER6S8a8K5uXq0iePtdl> Scroll to the bottom to fill out consent form

Description: This support group is ideal for individuals 30 years and older that are struggling or in recovery from an eating disorder, disordered eating, or body image concerns.

Cost: Free

SUNDAYS

Lotus Collaborative

Online Support Group for Eating Disorder Recovery

Time: Every Sunday 4-5:30 EST

Link: <https://www.thelotuscollaborative.com/online-support-group.html>

Description: This group is for anyone struggling with an eating disorder to get recovery support as well as to practice giving recovery support to others. While this is not a therapy group, it is a supportive virtual environment in which to meet others working towards recovery, build relationships, gain insight, and practice recovery skills. Everyone working towards eating disorder recovery is welcome.

Cost: Free

ANAD (Anorexia Nervosa and Associated Disorders)

Time: Every Sunday 12-1pm EST

Link: Email amoutsatsou@hotmail.com

Description: This weekly, virtual support group is free and confidential and is open to anybody struggling with an eating disorder.

Cost: Free

