



NATIONAL ALLIANCE

for Eating Disorders

Free, Weekly, Therapist-led, Virtual Eating Disorder Support Groups

Pro-Recovery (Individual)

Tuesdays 7:00 pm - 8:30 pm EST
Thursdays 7:00 pm - 8:30 pm EST
Saturdays 11:00 am - 12:30 pm EST

For individuals only, ages 18+,
experiencing and/or recovering
from eating disorders.

Pro-Recovery LGBTQ+ (Individual)

Wednesdays 7:00 pm - 8:30pm EST

For individuals, ages 18+, in the LGBTQ+
community who are experiencing and/
or recovering from eating disorders.

Friends and Family

Thursdays 7:00 - 8:30 pm EST

For loved ones only, ages 12+, of
individuals experiencing and/or
recovering from eating disorders.

www.allianceforeatingdisorders.com



866-662-1235

Registration required for all groups.