

## COMMUNITY EATING DISORDERS/BODY IMAGE GROUPS

### RALEIGH:

#### **Binge/Emotional Eating Group**

**Who:** Women who want to overcome binge/emotional eating

**When:** Mondays, 6:15 to 7:30 p.m.

**Where:** Grew, Morter and Hartye in Raleigh

**Fee:** Most insurance is taken

**Contact:** Lise Osvold, PhD, LP, 919-783-5431

#### **Eating Disorder Support Group**

**Who:** All individuals struggling with an eating disorder

**When:** Wednesdays, 5:30-6:30 pm

**Where:** Carolina House Raleigh, 1304 Sunday Drive Suite 105 Raleigh, NC 27607

**Fee:** No fee

**Contact:** Carolina House (866) 219-1182

#### **Family Support Group**

**Who:** Family and friends of individuals who are facing an eating disorder

**When:** First Wednesday of each month, 5:30-6:30 pm

**Where:** Carolina House Raleigh, 1304 Sunday Drive Suite 105 Raleigh, NC 27607

**Fee:** No fee

**Contact:** Carolina House (866) 219-1182

#### **Carolina House Alumni Group**

**Who:** Individuals who have completed treatment at Carolina House

**When:** Mondays 4:30-5:30 pm

**Where:** Carolina House Raleigh, 1304 Sunday Drive Suite 105 Raleigh, NC 27607

**Fee:** No fee

**Contact:** Carolina House (866) 219-1182

#### **Adult Intensive Outpatient Program**

**Who:** Adults diagnosed with an eating disorder

**When:** Daily, with morning and afternoon half-day times

**Where:** Carolina House Raleigh, 1304 Sunday Drive Suite 105 Raleigh, NC 27607

**Fee:** Call for information

**Contact:** Carolina House, (866) 219-1182

## **DURHAM:**

### **Eating Disorder Process Group #1**

**Who:** Adults overeating, including, but not limited to BED, emotional eating, "compulsive overeating," history of dieting and weight loss/weight management attempts. 18 years and older, primarily women but other genders are welcome on a case by case basis by group consensus; Deborah has been running her groups since 2004 and she uses a HAES philosophy.

**When:** Alternating Mondays 6-7:30 pm

**Where:** 1415 Broad Street, Durham, NC

**Fee:** \$55 per session, sliding scale available, in-network with the Duke university student mental health plan, and I will file for people who have other insurance and want to out-of-network insurance benefits

**Contact:** Deborah Klinger, [deborah.klinger@gmail.com](mailto:deborah.klinger@gmail.com)

### **Eating Disorder Process Group #2**

**Who:** Adults restricting, bingeing, purging, and/or compulsively exercising, including, but not limited to AN, BN and BED; 18 years and older, primarily women but other genders are welcome on a case by case basis by group consensus; Deborah has been running her groups since 2004 and she uses a HAES philosophy.

**When:** Alternating Mondays 6-7:30 pm

**Where:** 1415 Broad Street, Durham, NC

**Fee:** \$55 per session, sliding scale available, sliding scale available, in-network with the Duke university student mental health plan, and I will file for people who have other insurance and want to out-of-network insurance benefits

**Contact:** Deborah Klinger, [deborah.klinger@gmail.com](mailto:deborah.klinger@gmail.com)

### **Adult Intensive Outpatient Program**

**Who:** Adults with any eating disorders diagnosis

**When:** Monday, Wednesday, Thursday, 4:30 - 8:00 pm

**Where:** Veritas Collaborative Adult Hospital, Durham

**Fee:** Call for details

**Contact:** Veritas Collaborative, 919-908-9730

## **CHAPEL HILL:**

### **Eating Disorders Skills Group Dialectical Behavior Therapy (DBT)**

**Who:** Any persons struggling with disordered eating as their primary treatment issue

**When:** Wednesdays, 4:00-5:30 pm

**Where:** Chapel Hill, Franklin Square Office Park

**Contact:** Suzanne F. Bates (919-929-9932) and Tyler Beach

### **Binge Eating/Emotional Overeating Skills, Support, Process and Psychoeducation Group**

**Who:** People with binge eating and/or emotional overeating episodes. This group has been running continuously for 5 years and offers a safe place for people with a strained relationship with food to dive deeper into the reasons that they turn to food instead of towards themselves or others.

**When:** Thursdays, 3:30-5PM Group is on-going and open every 8 weeks to newcomers when there is space. A minimum of an 8-week commitment is required.

**Where:** Chapel Hill

**Fee:** \$60 a session

**Contact:** Colie Taico, 919.307.6898 or [colietaicolcsw@gmail.com](mailto:colietaicolcsw@gmail.com)

### **Eating Disorder Support Group of Chapel Hill**

**Who:** Adults in eating disorder recovery (18 and up)

**When:** Thursday's at 6pm-7pm (starting 1/17)

**Where:** 318 Cloister Court, Chapel Hill NC

**Fee:** Free

**Contact:** Sara Riggs, MSW, LCSW and Kena Watson, LPA, [Sarariggslcsw@gmail.com](mailto:Sarariggslcsw@gmail.com)

## **APEX/CARY:**

### **ANAD Eating Disorder Support Group**

**Who:** Anyone who is working on recovery from an eating disorder of any type

**When:** Sundays, 5-6 pm

**Where:** 315 S Salem Street Apex, NC 27502 Building 200, 2nd floor

**Contact:** Tammy Holcomb, 919-909-7959 or [tholcomb@sagepsychologygroup.com](mailto:tholcomb@sagepsychologygroup.com)

### **Family Support Group**

**Who:** family and friends with a loved one with an eating disorder

**When:** Sundays, 4-5 pm

**Where:** 315 S Salem Street Apex, NC 27502 Building 200, 2nd floor

**Fee:** \$30 per person per session

**Contact:** Tammy Holcomb, 919-909-7959 or [tholcomb@sagepsychologygroup.com](mailto:tholcomb@sagepsychologygroup.com)

### **Women's Empowerment Group**

**Who:** This group will be a safe space for women to join to work on issues around sexuality, gender, body image, and identity. The group will utilize art, music and movement as ways to explore these aspects of self.

**When:** Tuesdays, 6-7:30pm

**Where:** 315 S Salem Street Apex, NC 27502 Building 200, 2nd floor

**Fee:** \$50 per session and requires a 6 week commitment. Some insurance plans accepted.

**Contact:** Tammy Holcomb, 919-909-7959 or [tholcomb@sagepsychologygroup.com](mailto:tholcomb@sagepsychologygroup.com)

### **Eating Disorders Group**

**Who:** late adolescents, young adults, and adults; This group is designed for those struggling with disordered eating, body dysmorphia, and difficulties maintaining a healthy relationship with food.

**When:** Fridays, 3:30 - 4:45

**Where:** Harbor Behavioral Health and Wellness, 1135 Kildaire Farm Rd, Suite 303, Cary

**Contact:** Amy Duffy, MA, LPC, NCC, CCTP, 919-791-7545 or [amy.duffy@harborbehavioralhealth.com](mailto:amy.duffy@harborbehavioralhealth.com)

## **GREENSBORO:**

### **Adult Eating Disorders Support Group**

**Who:** Adults with eating disorders interesting in gaining support through CBT, DBT, ACT and general mindfulness concepts. The group is grounded in HAES & Intuitive Eating. We aim to create a space that is inclusive, diverse, and accessible, including body size diversity, eating disorder diversity (i.e., AN, BN, BED, OSFED), racial/ethnic diversity, and age diversity. Our office is wheelchair accessible. Clients need to make 5 week commitments but can continue indefinitely, as/if needed.

**When:** Thursdays, 7:00-8:30 pm

**Where:** Three Birds Counseling, Greensboro, NC

**Fee:** \$45/session, sliding scale available

**Contact:** Three Birds Counseling, [threebirdscounseling@gmail.com](mailto:threebirdscounseling@gmail.com) or call 336-430-6694, [www.threebirdscounseling.com/adult-eating-disorders-group](http://www.threebirdscounseling.com/adult-eating-disorders-group).

### **Body Works**

**Who:** 18+ (college age +), Gender inclusive, Folks with both diagnosable EDs and folks without who have general body image concerns; The group follows a set curriculum, HAES/IE focused, Trauma-Informed, Covers Anxiety, Grief, Relationships, Relationship to Food, Movement

**When:** Offered 3x/year for 10 weeks, Sundays 5:30-7:00pm

**Where:** Revolution Mill in Greensboro

**Fee:** \$45/session; Discounts offered. Members sign up for the full 10 week cycle.

**Contact:** Three Birds Counseling, [threebirdscounseling@gmail.com](mailto:threebirdscounseling@gmail.com) or call 336-430-6694, [www.threebirdscounseling.com/body-works](http://www.threebirdscounseling.com/body-works)

### **Teen Eating Disorders Support**

(Gathering names to launch, but not yet launched)

**Who:** 14-18 (high school age, but will consider middle school teens' appropriateness/fit on individual basis), Gender inclusive, Folks with diagnosable eating disorders/eating disorder symptoms; The group is process-oriented. Topics/activities chosen based on members needs

**When:** Thursdays 5:45-6:45

**Where:** Revolution Mill in Greensboro

**Fee:** \$45/session; Discounts offered. We ask for 5 week commitments but members can do as many 5-week cycles as needed

**Contact:** Three Birds Counseling, [threebirdscounseling@gmail.com](mailto:threebirdscounseling@gmail.com) or call 336-430-6694, [www.threebirdscounseling.com/teen-eating-disorders-support-group](http://www.threebirdscounseling.com/teen-eating-disorders-support-group)

## **WINSTON-SALEM:**

### **Embodied Eating Group** (integration of Intuitive Eating Principles and Somatic Practices)

**Who:** Those interested in developing the practice of Intuitive Eating Skills in their daily lives supported by somatic practices. This group is not appropriate for clients in the early stages of recovery from an eating disorder.

**When:** Tuesday mornings at 8:30-9:30

**Where:** Debra Benfield Consulting, 2422 Reynolda Road, Winston-Salem, NC 27106

**Fee:** \$35/wk (BCBS accepted)

**Contact:** Debra L. Benfield, 336-773-1443

### **Body Liberation Yoga** (Trauma-Sensitive Yoga for Every BODY)

**Who:** Those interested in utilizing yoga as additional support for eating disorder recovery as well as developing a more accepting and compassionate relationship with their bodies. I am certified in Curvy Yoga and Trauma Sensitive Yoga trained so classes are accessible for all bodies and trauma-sensitive.

**When:** Monday evenings 6-7:30

**Where:** 18 Springs Center for Healing Body and Earth, 2422 Reynolda Road, Winston-Salem, NC 27106

**Fee:** \$85/4 week series

**Contact:** Debra L. Benfield, 336-773-1443

### **CHARLOTTE:**

#### **Women Supporting Women**

**Who:** Adolescent girls and women of all ages who have struggled with disordered eating and negative body image. Led by an experienced therapist, the group actively engages participants with each other to explore and understand the emotional and relational functions of their disordered eating and develop strategies to connect to emotions, improve communication and achieve recovery-focused goals.

**When:** Meets weekly on Monday evening, 5:00 pm - 6:00 pm

**Where:** The Renfrew Center of Charlotte

**Contact:** The Renfrew Center of Charlotte, (800) 736-3739

#### **Support Persons Community Group**

**Who:** Support Persons - siblings, parents, spouses, friends, partners, significant others, or caretakers. Attendees receive guidance from clinical staff and each other, while learning how to effectively communicate with their loved one and help them move forward in their recovery.

**When:** Meets weekly on Tuesday evenings, 5:00 pm - 6:00 pm

**Where:** The Renfrew Center of Charlotte

**Contact:** The Renfrew Center of Charlotte, (800) 736-3739

### **ASHEVILLE:**

#### **Eating Disorders Anonymous (EDA) Meeting**

**Who:** Anyone who identifies with having an eating disorder

**When:** Tuesdays at 5:30 pm

**Where:** 542 N Oak Street in Hendersonville

**Fee:** Free

**Contact:** Marybeth Burns, [marybeth@summitresults.com](mailto:marybeth@summitresults.com)

#### **Adult Support Group**

**Who:** Adults who identifies with having an eating disorder

**When:** Wednesday 6:00 - 7:00 pm

**Where:** Carolina Resource Center for Eating Disorders, 50 South French Broad Ave #250

**Fee:** Free

**Contact:** Carolina Resource Center for Eating Disorders, (828) 337-4685

**Adult Nutrition Support Group****Who:** Adults with eating disorders**When:** Thursdays 6:00 - 7:00 pm**Where:** Nutritious Thoughts, 31 College Place, Building B, Suite 200 in Asheville**Fee:** Free**Contact:** Nutritious Thoughts, 828-333-0096**Eating Disorders Anonymous (EDA) Meeting****Who:** Anyone who identifies with having an eating disorder**When:** Wednesday @ 4:00 PM.**Where:** 22B New Leicester Hwy in Asheville**Fee:** Free**Contact: Email:** [ashevilleeda@gmail.com](mailto:ashevilleeda@gmail.com) for more information