

## COMMUNITY EATING DISORDERS/BODY IMAGE GROUPS

### RALEIGH:

#### **Intuitive Eating Psychoeducation and Support Group**

Learn the basics and complexities of Intuitive Eating; Read the book step-by-step and discuss the concepts with others who “get-it”; Practice skills and tools through experimental learning to help you on your journey; Find support from discussion with like-minded group members; Discover other resources and support for ditching diets for good;

**When:** Wednesdays, Feb 5th – March 11th, 2020, 6:00 pm – 7:30 pm. We ask participants to commit to all 6 group sessions.

**Where:** 1042 Washington St., Raleigh, NC 27605

**Cost:** \$80/session; \$480 total. Payment will be taken in 2 parts – at registration and halfway through the series. Participants will be asked to purchase the Intuitive Eating Book.

More info at <https://lutzandalexander.com/intuitiveeatinggroup/>  
Group will be limited to no more than 5 participants

#### **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:** Thursdays, 5:30-6:30 pm

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

**Fee:** No fee

**Contact:** Carolina House (855) 782-9931

#### **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 (855) 782-9931

### DURHAM:

#### **Brave Bodies Lunch Bunch**

This group will provide support to anyone who is struggling to embrace Health at Every Size, tired of dieting, or working through the principles of intuitive eating and feels alone and/or confused in the process.

**Group Leaders:** Laura Henson, RD and Blair Marini, LCSW

**Offered by:** Lutz, Alexander and Assoc. Nutrition Therapy and CAS Counseling

**When:** Mondays, 12:00 – 1:00

**Where:** RTP CAS Counseling office (2310 S. Miami Blvd. Suite 236, Durham, NC 27703)

**Fee:** \$20/group or a 4 groups “punch card” for \$60

**Start date:** March 2, 2020

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

### **Circles of Support: Community and Education for Those Who Love Someone with an Eating Disorder**

**Group Leaders:** Christine Pavey, LCSW and Sara Gonet, MS, RD, CEDRD

**Offered by:** CAS Counseling and Lutz, Alexander and Assoc. Nutrition Therapy

**When:** First Saturday of every month, 1:00 – 2:30pm

**Where:** RTP CAS Counseling office (2310 S. Miami Blvd. Suite 236, Durham, NC 27703)

**Fee:** \$65/session

**Start date:** March 7, 2020

**Register:** <https://lutzandalexander.com/groups/circles-of-support-community-and-education-for-those-who-love-someone-with-an-eating-disorder/>

### **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:** This group is on hiatus until there are enough prospective members. Please contact Deborah Klinger at the email below.

**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:** This group is on hiatus until there are enough prospective members. Please contact Deborah Klinger at the email below.

**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)

### **Weekly Meal Support Group**

Ryan Sobus, RD, CEDS-S leads this group which is covered at 100% for individuals with BCBS NC / BCBS State Health Plan / BCBS Blue Home Alliance / Blue Value

**When:** Tuesdays, 6-8pm

**Where:** 1415 Broad St. Durham, NC 27705

Registration Link: <https://newleafnutritionnc.com/groups-and-workshops/>

Space is limited.

## **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, [Sarariggslcsw@gmail.com](mailto:Sarariggslcsw@gmail.com)

## **APEX/CARY:**

**Eating Disorder Support Group**

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

**When:** Sundays, 5-6 pm; Thursdays, 6-7 pm

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

**Contact:** Tammy Holcomb, 919-909-7959 or 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

**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 or call 336-430-6694, 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 or call 336-430-6694, www.threebirdscounseling.com/body-works

**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**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 for more information