

COMMUNITY EATING DISORDERS/BODY IMAGE GROUPS

VIRTUAL:

CRC for ED & Nutritious Thoughts Collaborative Virtual ASG Check-In

Who: adults 18 and older with any kind of disordered eating or eating disorder.

When: Wednesday, June 17, 6-7 pm

Free!

Please RSVP assistant@crcford.com to reserve your spot and receive the link

Brave Bodies Lunch Bunch

NOTE! This group is currently meeting virtually. After you sign up, you will receive a link to join the virtual group session.

BYOL – Bring your own lunch! This community lunch group will offer a brave space, away from diet culture, to discuss these important topics. You don't have to be 100% body positive or have mastered intuitive eating to be in this group. This group strives to offer support to those wrestling with these topics and wanting a community of folks who "get it."

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: *Currently Meeting Virtually. In the future...* 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

Contact: laura@lutzandalexander.com or blair@casounseling.com

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

NOTE! This group is currently meeting virtually. After you sign up, you will receive a link to join the virtual group session.

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

Offered by: *Currently Meeting Virtually. In the future...* 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

A fabulous adjunct to traditional therapy, this group will help you feel more connected to your loved one's treatment and informed about the complexities of eating disorders. Led jointly by a therapist and dietitian, both who specialize in the treatment of eating disorders, this monthly session will focus on both education and community, providing space for learning, discussion and support. Topics will be tailored to the group each

month.

Contact: christine@casocounseling.com or sara@lutzandalexander.com

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:

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Contact: christine@casounseling.com or sara@lutzandalexander.com

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

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

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

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

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

Family Support Group

When: 1st and 3rd Mondays, 5:30-6:30pm

Where: Carolina Resource Center for Eating Disorders

50 S. French Broad Avenue, #250, Asheville

Contact: email: info@crcfored.com phone: 828-337-4685

Adult Support Group

When: Wednesdays, 6:00-7:00pm

Where: Carolina Resource Center for Eating Disorders
50 S. French Broad Avenue, #250, Asheville
Contact: email: info@crcfored.com phone: 828-337-4685