



**NATIONAL ALLIANCE**  
for Eating Disorders

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

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## Pro-recovery (Individual)

Mondays 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.

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## Pro-recovery LGBTQ+ (Individual)

Wednesdays 7:00 pm - 8:30pm EST

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

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## Friends and Family

Wednesdays 7:00 - 8:30 pm EST

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

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[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

• 866-662-1235

**Registration required for all groups.**