Freedom from Eating Disorders is a group designed to be a safe space to talk about your relationship with food, your body, and your recovery.

This is a process group for frank discussions about disordered eating/eating disorders/negative body image and finding your path to wellness. Participants often have a variety of symptoms such as restricting food, binging eating, and purging behaviors.

You can expect non-judgmental support and compassion from two trained clinicians, and the group is open to anyone in the LGBTQ community.

PLEASE NOTE

This is not a weight loss or dieting support group, but rather a space to develop healthy ways to understand and cope with eating disorders and disordered eating behaviors.

All participants must be in treatment with a medical provider and ideally also see an individual therapist. Pre-screens are required to attend.

Tuesdays at 4:30 PM - 6 PM
Whitman-Walker at 1525
1525 14th St. NW

Please contact Jen Bindeman 202-939-7666 or jbindeman@whitman-walker.org or Chad Wheeler 202-207-2386 or cwheeler@whitman-walker.org