

Freedom From Eating Disorders

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, bingeing 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
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202-207-2386 or **cwheeler@whitman-walker.org**



WHITMAN-WALKER HEALTH
We see you.