

EATING DISORDER SUPPORT GROUPS

ANAD: Anorexia Nervosa and Associated Disorders is a support group designed to help individual suffering from any type of eating disorder. It is a process group and usually facilitated by a mental health professional.

EDA: Eating Disorders Anonymous is a 12-step support group.

FED: Family and Friends of those with Eating Disorders.

DAY & TIME	MEETING TYPE	LOCATION	CONTACT	OTHER
MONDAY				
12:00 – 1:00 PM	EDA Online	Newcomer Meeting Focus is on Steps 1 - 2 - 3	http://www.eatingdisordersanonymous.org/online.html	Prior 1 st meeting, register with Chatzy - go to EDA website & complete registration. You will be sent a password immediately.
6:00 - 7:00 PM	FAMILY SUPPORT GROUP	Ridgeview Institute 3995 South Cobb Drive Smyrna, GA 30080 <u>Young Adult Building</u> East Room 4	Contact Ridgeview Institute Women’s Center 770-434-4568 Ext: 4530	A free confidential support group for family and friends of individuals with eating disorders, unresolved trauma, addictions and co-occurring disorders.
6:00 - 7:00 PM	ANAD for Adults	Midtown Psychotherapy 1708 Peachtree St., NW. Suite 530, Atlanta, GA 30309	For information about ANAD for Adults – Contact: Alli Kuder, LMSW 404-606-1211	RSVP before 1 st group for additional information and details
7:00 - 8:00 PM	ANAD for Family & Friends		For Info about ANAD for Family & Friends – Contact: Kylie Gerks, MFT	
7:00 - 8:00 PM	ANAD for Teens (Ages 13 - 19)		For Information about ANAD for Teens – Contact: Arielle Crain, NCC 704-877-0577	
7:00 - 8:00 PM	EDA Phone Meeting	Phone Meeting	Join by calling: 1-712-432-0385 Bridge: 797101#	Get support from people all over the country by phone or Skype.
TUESDAY				
12:30 – 1:30 PM	EDA Online	12- Steps & 12- Traditions Focused Meeting	http://www.eatingdisordersanonymous.org/online.html	Register prior to 1 st meeting
1:00 – 2:00 PM	EDA Phone Meeting	Phone Meeting	Join by calling: 1-712-432-0385 Bridge: 797101#	Get support from people all over the country by phone or Skype
6:30 – 7:30 PM	EDA	4633 Shiloh Rd Cumming, GA 30040	Kristy E. kristyedenfield@gmail.com	
6:30 – 7:30 PM	EDA	183 Timberlake Rd Kennesaw GA	Amber S. 845-453-1456	The meeting is in a house. Knock on

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WEDNESDAY				
6:00 – 7:00 PM	ANAD	Century Springs East 6100 Lake Forrest Drive, Suite 450, Atlanta, GA 30328	Joey Pulley, LPC 404-242-5612	
7:00- 8:00 PM	ANAD Online	Online Support Group	Contact Kris Pina at krispina@eatuitive.com for sign on information	Video conference
7:00 – 8:00 PM 3 rd Wednesday of Every Month	ANAD	11755 Pointe Place Suite A2 Roswell, GA 30076	Contact Emily Siegel, LCSW at 678-822-7030 or msemilysiegel@gmail.com	Age 12 & older
8:00 – 9:00 PM	EDA Online	Newcomer Meeting Focus is on Steps 1 - 2 - 3	http://www.eatingdisordersanonymous.org/online.html	Register prior to 1 st meeting
THURSDAY				
3:30- 4:30 PM	EDA	University Village 1085 Canton PI NW Building 6000 Room 6137 Kennesaw GA 30144	Lee at lhyaduck@kennesaw.edu	Group does not meet during school breaks
5:00 – 6:00 PM Every Other Week Call about date	ANAD	Ethos Counseling, LLC 2565 Thompson Bridge Rd #207 % 360 Therapy, LLC Gainesville, Georgia	Linh Lam, LPC 678-582-8501	Jan 19, Feb 2, Feb 16, March 2, March 16, March 30; call first
7:00 – 8:00 PM	ANAD	Care & Counseling Center of Georgia 1814 Clairmont Rd., Decatur, GA 30033	Gayle Benator, LAPC 404-636-1457 ext. 422. or gbenator@cccgeorgia.org	Call or email prior to first meeting
8:00 – 9:00 PM	EDA Phone Meeting	Phone or Skype Meeting	Join by calling: 1-712-432-0385 Bridge#: 797101#	Get support from people all over the country by phone or Skype .
8:00 – 9:00 PM	EDA Online	Topic Meeting 1 st Thursday: Milestone Meeting 3 rd Thursday: Speaker Meeting Other Thursday meetings Are Topic Meetings	http://www.eatingdisordersanonymous.org/online.html	1st Thursday: Celebration of milestones in recovery. 3rd Thursday: Speaker meeting
FRIDAY				
1:00 – 2:00 PM	EDA Online	Big Book Study	http://www.eatingdisordersanonymous.org/online.html	Register prior to 1 st meeting
12:30 – 2:00 PM	FED	Atlanta Center for Wellness (www.AC4W.org) 6100 Lake Forrest Dr. Suite 450, Atlanta, GA	Ephrat Lipton, LCSW ephratlipton@gmail.com (404) 202-0932 atlantacenterforwellness.com	Call before attending to verify location and time

		30328.		
8:00 – 9:00 PM	EDA	Freedom Club (12-step clubhouse) 47 North Fairground St. Marietta, GA 30060	Meeting in on the 2nd floor of the Wigley Building (above Happy Charley's). freedomclub.org	See freedomclub.org for more details & map

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SATURDAY				
10:00 - 11:00 AM	EDA Phone Meeting	Phone or Skype Meeting	Join by calling: 1-712-432-0385 Bridge#: 797101#	Get support from people all over the country by phone or Skype.
10:00 - 11:00 AM	ANAD	St. Luke's Presbyterian Church 1978 Mount Vernon Rd, Atlanta, GA 30338, room 145, church parlor	Page Love, RDN, CSSD, LD 770-395-7331 pagelove@nutrfitga.com http://www.nutrfitga.com/groups	Senior High Room Room 207
10:30 - 11:30 AM	EDA Online	Big Book Study	http://www.eatingdisordersanonymous.org/online.html	Register prior to 1 st meeting
11:30- 12:30 PM	ANAD	2993 Sandy Plains Rd #115 Marietta, GA 3066	Ann ann@livingtruecounseling.com	Email prior to 1 st meeting
SUNDAY				
9:00- 10:00 AM	EDA Phone Meeting	Phone or Skype Meeting	www.eatingdisordersanonymous.org/phonemeetings.html	For MEN only
12:00- 1:00 PM	ANAD Online	Online Support Group	www.anad.org/online-support-group	Open to anyone with an ED
1:00 – 2:00 PM	EDA Phone Meeting	Phone or Skype Meeting	Join by calling: 1-712-432-0385 Bridge#: 797101#	Get support from people all over the country by phone or Skype.
2:00- 3:00 PM	EDA Phone Meeting	Phone or Skype Meeting	www.eatingdisordersanonymous.org/phonemeetings.html	
5:00 – 6:00 PM	EDA	The Phoenix House-3 3121 South Side Kennesaw GA 30101	Kris Shock 678-480-4275	
5:00 – 6:00 PM	ABA	Atlanta Dream Center 652 Angier Ave NE Atlanta GA 30308	Brittany 305-842-8552 Brittanylynn791@gmail.com	Use side entrance
8:00 – 9:00 PM	EDA Online	12- Steps & 12- Traditions Focused Meeting	http://www.eatingdisordersanonymous.org/online.html	Register prior to 1 st meeting

EATING DISORDER MEAL SUPPORT GROUPS AND FITNESS SUPPORT GROUPS

DAY & TIME	MEETING TYPE	LOCATION	CONTACT	OTHER
VARIOUS				
Every 1st Monday of month 6:00 – 7:00 PM	Dinner & Discipleship	Positive Nutrition 3855 Shallowford Rd Suite 420 Marietta, GA 30062	Julie Brake, RDN, LD 404-326-5118 Julie@PositiveNutrition.net	1 st Monday of every month (specific meeting dates listed at www.PositiveNutrition.net/events-group This is a bring your own dinner group where we discuss Biblical perspectives, particularly those that apply to nutrition
Every 3 RD Monday of month 7:00 – 8:00 PM	Intuitive Eating Support Group	Positive Nutrition 3855 Shallowford Rd Suite 420 Marietta, GA 30062	Julie Brake, RDN, LD 404-326-5118 Julie@PositiveNutrition.net	3 rd Monday of every month (specific meeting dates listed at www.PositiveNutrition.net/events-group This group is for discussion and support of intuitive eating
1x month Thursday Or Saturday 8:30 – 9:30 AM	Breakfast Club with Page Love	Restaurant changes regularly so check out Nutrifitga.com for schedule	Page Love, RDN, CSSD, LD at 770.395.7331 pagelove@nutrifitga.com http://www.pagelove@nutrifitga.com	Restaurant changes regularly so check out http://www.nutrifitga.com/groups for schedule
1x per month Saturday 3:00 PM	Fit for Life	Location changes regularly so check out Nutrifitga.com for schedule	Page Love, RDN, CSSD, LD at 770.395.7331 pagelove@nutrifitga.com http://www.nutrifitga.com	Free, gentle monthly fitness to challenges you to vary your activity routine, listen to your body, & learn how to fuel and hydrate during exercise. Examples: walks, hikes, biking, yoga, strength training. http://www.nutrifitga.com/groups
1x month Thursday OR Saturday 8:00- 9:30 PM	Dessert Club	Restaurant changes regularly so check out Nutrifitga.com for schedule	Page Love, RDN, CSSD, LD at 770.395.7331 pagelove@nutrifitga.com http://www.nutrifitga.com	Restaurant changes regularly so check out http://www.nutrifitga.com/groups for schedule
2 nd & 4 th Tuesday of month	ANAD ONLINE	Online Support Group	ANAD website anad.org/online-support-groups/	Open to those in recovery from an ED.