

WEEKLY LOW-COST RECOVERY GROUPS

**Disclaimer: The information on this page is not a substitute for medical treatment or psychological care. Individuals should talk with a physician and a qualified mental health professional regarding eating disorder symptoms and treatment. Moreover, individuals are responsible for interviewing and selecting practitioners. By requesting resources and referrals you understand and agree that the Rock Recovery is not responsible for any providers' services or lack thereof.*

Sunday Groups

International Eating Disorder Family Support

Leader: Lisa Lau

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

"Lift the Shame" Online Support Group (Timberline Knolls)

For pregnant women and moms struggling with eating disorders

Leader: Crystal Karges
Crystal@crystalkarges.com

Location: Online

Cost: Free

Time: Last Sundays, contact for details about time

Sliding scale pricing available

Monday Groups

Rock Recovery Breaking Bread Therapy Group

571-255-9906
www.rockrecoveryed.org
freedom@rockrecoveryed.org

Location:
Arlington, VA 22209

Group Therapist:
Jenifer Smith

Cost: \$120 per week

Time: Monday, 6:30 - 8:30 PM

This is NOT a drop-in support group, it is an outpatient therapy group. You must complete an assessment to join.

Schedule your free interest call at
go.oncehub.com/RockRecovery

Sliding scale pricing available

Courage to Nourish ANAD Support Group

Leader: Bobbi Boteler

240-2850-8061
couragetonourish.com
bobbi@couragetonourish.com

Location: 9881 Broken Land Pkwy #105, Columbia, MD 21046

Cost: Free

Time: Mondays at 7:15 PM

Monday Online Support in Recovery (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: 2nd & 4th Mondays,
8 - 9 PM

Family Support Group

Leader: Alexis Buckheit, LPC

703-466-5150
www.prosperityedwell.com
information@prosperityedwell.com

Virtual via Zoom

Cost: Free

Time: Mondays, 5 - 6 PM

International Eating Disorder Family Support

Leader: Alec Rodney

Location: Online via Facebook Group - International Eating Disorder Family Support

Cost: Free

***DISCLAIMER:** This group is an adjunct, not a replacement for professional consultation. Neither moderators nor other members are here to offer medical, individual therapeutic or dietary advice. Should you have immediate concerns, we will always suggest you reach out to a health care professional.

Tuesday Groups

Rock Recovery Bridge to Life Body Image Therapy

571-255-9906

www.rockrecoveryed.org

freedom@rockrecoveryed.org

Virtual Groups (online via Zoom)

In-person Group (Arlington, VA)

Group Therapists:

Kate Jarvi, LPC (Virtual - VA only)

Mackenzie Jardell (Arlington, VA)

Cost: \$75 per week

Tuesdays, 6:30 - 8 PM EST

This is NOT a drop-in support group, it is a therapy group.

Schedule a free consultation at
go.oncehub.com/RockRecovery

Sliding scale pricing available

Rock Recovery Parents & Loved Ones Prayer Group

Leader: Beth Ask

571-255-9906

www.rockrecoveryed.org

freedom@rockrecoveryed.org

Virtual via Zoom

Cost: Free

1st Tuesday of the month

7 - 8 PM EST

For more info about this group and
details on registration, email
faithsupport@rockrecoveryed.org

International Eating Disorder Family Support

Leader: Karen Sandman

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

Caregiver Support Group for Parents & Family Members of Adolescents/Young Adults with Eating Disorders (Stay Strong VA)

Leader: Elisabeth Stansfield

804-874-9003

Elisabeth_Stansfield@yahoo.com

[www.staystrongvirginia.org/stay-
strong-va-support-groups/](http://www.staystrongvirginia.org/stay-strong-va-support-groups/)

Location: Huguenot Road Baptist
Church, 10525 W. Huguenot Rd.

Cost: Free

Time: 1st Tuesdays, 7 - 8:30 PM

Online Eating Disorder Support Group (ANAD)

Leader: Eileen Moran, LCSW

eileenlcs@gmail.com

anad.org/online-support-groups/

Location: Online

Cost: Free

Time: 2nd & 4th Tuesdays, 10 AM

Caregiver Support Group for Parents & Partners of Adults with Eating Disorders (Stay Strong VA)

Leader: Elisabeth Stansfield

804-874-9003

Elisabeth_Stansfield@yahoo.com

[www.staystrongvirginia.org/stay-
strong-va-support-groups/](http://www.staystrongvirginia.org/stay-strong-va-support-groups/)

Location: Huguenot Road Baptist
Church, 10525 W. Huguenot
Road

Cost: Free

Time: 3rd Tuesdays, 7 - 8:30 PM

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Wednesday Groups

Binge Eating Disorder Support Group (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: Wednesdays, 7 - 8 PM

Abuse, Bulimia, & Trauma Online Group (Hope Recovery)

Leader: Hope Recovery

recovery@hope4-recovery.org
www.hope4-recovery.org/group.html

Location: Online

Cost: Free

Time: Wednesdays, 7 - 8:30 PM

BET (Binge Eating and Trauma) Online Group (Hope Recovery)

Leader: Hope Recovery

recovery@hope4-recovery.org
www.hope4-recovery.org/group.html

Location: Online

Cost: Free

Time: Wednesdays, 1 - 2:30 PM;
Wednesdays, 7 - 8:30 PM

For Loved Ones Support Group (Center for Discovery)

Leader: Center for Discovery

833.410.9607
centerfordiscovery.com/groups/

Location: Online

Cost: Free

Time: 2nd & 4th Wednesdays,
8 - 9 PM

Wednesday Online Eating Disorder Support Group (ANAD)

Leader: Brooke

brookeanad@gmail.com
anad.org/online-support-groups/

Location: Online

Cost: Free

Time: Wednesdays, 8 PM

International Eating Disorder Family Support

Leader: Mia Elena Lopez

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

Thursday Groups

Rock Recovery Breaking Bread Meal-Support Group

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom (DC/MD/VA)

Group Therapist:
Heather Clark, LPC, LCPC

Cost: \$105 per week

Time: Thursdays, 6:30 - 8:30 PM

This is NOT a drop-in support group, it is an outpatient therapy group. You must complete an assessment to join.

Schedule your free interest call at
go.oncehub.com/RockRecovery

Sliding scale pricing available

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Rock Recovery Set Free Devotional Group

Leader: Varies

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom

Cost: \$50 per month

Thursdays, 7:30 - 8:30 AM EST

Register:

www.rockrecoveryed.org/set-free-support-group

For questions, email
faithsupport@rockrecoveryed.org

International Eating Disorder Family Support

Leader: Preetisura Gupta

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

Friday Groups

Rock Recovery Breaking Bread Binge Eating Group

571-255-9906

www.rockrecoveryed.org
freedom@rockrecoveryed.org

Virtual via Zoom (DC, MD & VA)

Group Therapist:

Heather Clark, LPC, LCPC

Cost: \$65 per week

Time: 12:15 - 1:15 PM

This group is specially designed
for those who struggle with the
binge-restrict cycle.

This is NOT a drop-in support
group, it is a therapy group.

Schedule a free consultation at
go.oncehub.com/RockRecovery

Sliding scale pricing available

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or dietary advice. Should you have immediate
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International Eating Disorder Family Support

Leader: Bethany Mierzejewski

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free

Alsana Open Support Group

Leader: Alsana

(866) 884-6139

www.alsana.com/online-eating-disorder-support-groups

Location: Online

Cost: Free

Time: Fridays, 3 PM

Saturday Groups

International Eating Disorder Family Support

Leader: Arlene Hrinkevich

Location: Online via Facebook
Group - International Eating
Disorder Family Support

Cost: Free