FOR IMMEDIATE RELEASE:
Eating Disorders Resource Center (EDRC)
Contact: Natalie Rangel
Phone: 408-356-1212
Email: nrangel@edrcsv.org
Website: www.edrcsv.org

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NEW STARTING IN SEPTEMBER
Eating Disorders and Body Image
FREE SUPPORT GROUPS!

Are you unhappy with your body? Do you compulsively exercise? Do you spend too much time thinking about food and/or caloric intake? Maybe you want to make changes in your thoughts or behaviors, maybe you *have* to make changes, or maybe you are not quite sure what you need yet. Change and reaching out for help can be unsettling and scary, which is why EDRC offers support groups in Los Gatos and Mountain View as a service to the community. The goal of the group is to create a safe place for those struggling with eating disorders and body image dissatisfaction to find community, support, understanding, and hope. The group is open to all ages, genders, and types of eating issues. It is not a structured group; rather it is open for sharing, asking questions, offering and receiving support or just listening.

"Many people struggle with secrecy and shame around having an eating disorder. A support group can provide relief, options, hope, and a sense of community through connection by sharing experiences with others who understand." - Janice Bremis, Executive Director

Where:	El Camino Hospital
	2500 Grant Rd, Conference Rm. A
	Mountain View, CA 94040
When:	**Starting SEPTEMBER**
	1st and 3rd Tuesdays, 7-8:30pm

Where:	Mission Oaks Hospital
	15891 Los Gatos Almaden Rd., EDRC Office
	Los Gatos, CA 95032
When:	**Starting SEPTEMBER**
	Every Wednesday, 7-8:30pm

About EDRC - Based in Los Gatos, CA, the mission of the Eating Disorders Resource Center is to raise awareness through presentations to physicians, educators and community groups; promote recovery by providing resources for treatment and monthly support groups; and advocate for eating disorder legislation and effective insurance coverage. More information is available at www.edrcsv.org or by calling (408) 356-1212.