

Free support group meetings, anorexics, bulimics, and compulsive over-exercisers:

SAN FRANCISCO (as of August 2016)

Mondays 12:15-1:15 pm, Body Image/ Writing meeting, 1275 Harrison at Ninth Ask at reception, ask for the Fireside Room Meeting;
Contact: Maria (415) 571-5435

Tuesday evenings, 7:15-8:15, Anorexic/ Bulimic/ Compulsive over-exerciser Step Study and Speaker meeting, San Francisco; Castro Country Club - 4058 18th Street @ Hartford Street, San Francisco, 94114;
Meeting Contact: Cecilia (347) 439-1597

Tuesday evenings 6:30-7:30, Eating Disorders Anonymous Group Meeting
@ APTED (Association of Professionals Treating Eating Disorders) 3195 California St. #E / cross street Presidio / Anorexics, Bulimics, Overeaters (call to get door code)
Contact: Deborah (415-608-6307)

Wednesday afternoons, noon-1:00 pm, San Francisco
@ APTED (Association of Professionals Treating Eating Disorders) 3195 California St. #E / cross street Presidio / Anorexics, Bulimics (call to get door code)
Contact Pamela 415-350-4240

Wednesday evenings 5:50-6:50 pm, Women's Sexuality & Body Image
Marina Dock, San Francisco
2118 Greenwich St @ Fillmore St Anorexics / Bulimics
Meeting Contact: Millie (248)-345-5724

Wednesday evenings 7-8:30 pm (not resuming until August 2016, so please call)
Contact: 415.840.0670 or email us at woodleaf.group@gmail.com
Email for more specific meeting location, time, and details. 1st & 3rd Wednesday of each month.
Location: Woodleaf Eating Disorders Center, 45 Franklin Street, #219, San Francisco CA 94102

Friday evenings 5:30-6:30 pm Eating Disorders Anonymous Group Meeting
@ APTED (Association of Professionals Treating Eating Disorders) 3195 California St. #E / cross street Presidio / Anorexics, Bulimics, Overeaters (call to get door code)
Contact: Deborah (415-608-6307)

Saturday mornings, 2nd & 4th Saturdays, 10-12:00, near 24th Street BART
Contact: Chiara Manodori, LCSW, 415-640-9862
or (co-leader) Elizabeth Ehrenberg, MSW, 415-828-4563
Email: cmanodori@yahoo.com;
Website: www.overcomingeatingdisorderstherapy.com

Sunday afternoons, 1-2:30 pm, 1610 Union Street, The Lotus Collaborative. Support groups for both people in recovery and family and friends.
RSVP: Info@TheLotusCollaborative.com

For referral information contact: Association of Professionals Treating Eating Disorders, 415-931-6090, or www.AptedSF.org.

Eating Disorder Support Groups

BELMONT, CA

FREE Support Group and Eating Disorder Education for Friends and Family of those struggling with Eating Disorders

When: Every Monday evening from 6:15-7:30pm

Where: Cielo House Eating Disorder Treatment Program
1200 6th Avenue, Belmont, CA
2nd Floor- Cielo House Group Room

What we do: In the group members share their experiences of supporting a loved one in the recovery process from an eating disorder.

We talk about:

- Resources for parents
- How to support your loved one and their emotions during recovery
- How to support yourself and *your* emotions during their recovery
- How to avoid guilt and shame
- The bio/psycho/social model of why people get eating disorders
- Philosophies of eating and recovery
- Self-care as a caregiver

This group is facilitated by Kaitlin Geenen, MFTi. Kaitlin is a Marriage and Family Therapist Intern, supervised by Lori Schwanbeck, MFC 40056. Kaitlin provides individual, group and family therapy to individuals and families struggling with eating disorders at Cielo House Eating Disorder Treatment Program in Belmont and in private practice. For the last 5 years Kaitlin has led support groups for friends and family members of individuals struggling with eating disorders in inpatient, residential and outpatient treatment programs. Please contact Kaitlin for more information at [kaitlin@cielo.house.com](mailto:kaitlin@cielo.house) or (415) 364-8231. Thanks!

Kaitlin Geenen, M.A., MFT Intern #69211
Supervised by Lori Schwanbeck, MFC 40056
Phone: 415 364-8231
Email: meredithkf@gmail.com
Website: www.kaitlingeenen.com

BERKELEY, CA

Leslie Bandle

Phone: (408) 757-6431

Email: lesbandle@gmail.com

- Meeting time: Tuesdays from 7:30pm-8:30pm
- Meeting location: Blue Oak Therapy, 3101 Telegraph Ave., Berkeley, CA (use side entrance)
- Please call before first attendance so leader can give you the code number to enter building. All are welcome.

DANVILLE, CA

Nancy Clarkson

Phone: (925) 829-5554

Email: nancyannclarkson@gmail.com

Website: www.getwelltogether.com

- Meeting time: 4th Monday of each month from 7-9 pm
- Meeting location: 115A Town and Country Drive, Danville, CA 94526
- Group is for friends and family
- See website for more information on scheduling and meeting changes

LOS GATOS, CA

Eating Disorder Resource Center

Janice Bremis

Email: info@edrcsv.org

Phone: (408) 356-1212

Website: www.edrcsv.org

- Meeting time: 1st & 3rd Wednesday of every month, 7-8:30 p.m.
- Meeting location: EDRC Office, Mission Oaks Campus, Good Samaritan Hospital, 15891 Los Gatos Almaden Road, Los Gatos, CA 95032
- Eating Disorder & Body Image Support Groups for Sufferers, Family, & Friends

MOUNTAIN VIEW, CA

Debra Schlesinger – For Parents & Loved Ones Group Leader

Elizabeth Basile – For Sufferers Group Leader

Email: info@edrcsv.org

Phone: (408) 356-1212

Website: www.edrcsv.org

- Meeting times: Eating Disorder & Body Image Support Groups for Sufferers group: 1st and 3rd Saturdays of the month from 9:30am-11:00am; Family and Friend group: 2nd and 4th Saturdays of the month from 9:30-11:00 a.m.
- Meeting location: El Camino Hospital, 2500 Grant Road, Conference Room A, Mountain View, CA 94040 (For Family & Friends) El Camino Hospital, 2500 Grant Road, Conference Room A or Room B, Mountain View, CA 94040 (For Sufferers)

PACIFIC GROVE, CA

Cathy Bruno, LMFT and Nancy Carnathan-Cribbs, LMFT

Phone: Cathy: (831) 521-5683; Nancy: (831) 747-4383

Email: cathyb@netpipe.com, nanc50@comcast.net

Website: www.heartsoundsmft.com

- Meeting time: 2nd and 4th Monday of each month, 7:00pm-8:30pm
- Meeting location: HeartSounds Family Counseling Center, 170 17th Street, Pacific Grove, CA 93950
- Serving the entire Monterey Peninsula including Monterey, Salinas, Carmel, and Santa Cruz
- Friends and Family welcome to attend
- Please call for more meeting information

PALO ALTO, CA

Emily Caruthers, MFT

Email: emilycaruthersmft@gmail.com

Website: www.emilycaruthers.com or www.edrcsv.org

- Meeting time: Thursdays from 6:30pm-8:00pm
- Meeting location: N. California Avenue, Palo Alto, CA 94306 (specific directions can be sent in response to RSVP)
- Please RSVP through email before attending
- *Note: first meeting will be Thursday, June 27, 2013

PETALUMA, CA

Joan Thompson and Barbara Murphy, PsyD

Petaluma Health Care District

Phone: (707) 778-7849

Email: sawyerspal@aol.com

- Meeting time: Saturdays from 10:00 a.m. – 12:00 p.m.
- Friends and family are also welcome to attend on the 2nd and 4th Saturday of the month
- Please call or email for more meeting information

PLEASANTON, CA

Bernadette Murphy

Debbie Curtis

Phone: 925-290-7424 (Bernadette) or 925-332-6851 (Debbie)

Email: bmurphy@wellbodyconnect.com or dcurtis@wellbodyconnect.com

Website: www.wellbodyconnect.com

- Meeting time: First Tuesday of each month from 6:45-8:15PM
- Meeting location: Suite 220 (East Lobby), 4457 Willow Road, Pleasanton, CA 94588
- Friends and family are welcome to attend
- See website for more information

SACRAMENTO, CA

Ellen Tarby, MFTi

Katie Polsky, PhD

Phone: (916) 520-4356 (Ellen) or (916) 284-1416 (Dr. Polsky)

Email: ellentarby@gmail.com

- Meeting time: Saturdays from 11 a.m.-12:30 p.m.
- Meeting location: 2131 Capitol Ave, Suite 206, Sacramento, CA 95816
- Can call Dr. Polsky for questions or resources.

SAN FRANCISCO, CA

Chiara Manodori, LCSW

Phone: (415) 640-9862

Email: cmanodori@yahoo.com

Website: www.overcomingeatingdisorderstherapy.com

- Meeting time: 2nd and 4th Saturday of month, 10:00am
- Meeting location: Valencia Street, San Francisco
- Please call or email for more meeting information
- This free ongoing support group is open to all ages and genders. We provide a positive, welcoming, and supportive environment for people with anorexia, bulimia, binge eating disorder, compulsive overeating, eating disorder NOS, and other eating and body image problems. We also provide information and referrals to aid recovery.

Lindsay Wengler

Email: sf.anad@gmail.com

- Meeting time: 1st and 3rd Wednesday of each month, 7:00-8:30pm
- Meeting location: San Francisco, CA
- Email for more specific meeting location, time, and details.

SANTA CRUZ, CA

The Lotus Collaborative

Phone: (831) 600-7103

Email: info@thelotuscollaborative.com

- Meeting time: Every Sunday, 1-2:30pm (Bring a lunch 12-1pm for mealtime support)
- Meeting location: The Lotus Collaborative, 701 Mission St., Santa Cruz, CA 95060
- Please call or email to RSVP before attending
- Eating Disorder & Body Image Support Group for Sufferers

SANTA ROSA, CA

Full Heart offers a free community group from 6:30 to 7:30 pm on Wednesdays. Anyone may drop in.

Thanks,

WILLIAM J. FORMAKER, MFT
FULL HEART TREATMENT CENTER
606 Beaver Street
Santa Rosa, CA 95404
Phone: (707) 544-5717

SAUSALITO, CA

Friends & Family Community Support Group

When: 2nd and 4th Tuesday of every month

Where: Marin Vista Health & Wellness Center, 3 Harbor Drive, Suite 110, Sausalito, CA 94965

Time: 7:00-8:30pm

RSVP: By email or phone to Theresa Carpinito, PsyD (415-331-1302 X25 or tcarpinito@marinvista.com)