

# FREE WEEKLY SUPPORT GROUPS NATIONWIDE

Center for Discovery and Discovery Mood & Anxiety are proud to offer free online support groups for anyone who has been impacted by an eating disorder or mental health. We invite you to find the one that's right for you from the list below.

Join us online via our secure, HIPPA-compliant Zoom video conference platform. All you need is a mobile device or laptop computer and an internet connection. We respect your privacy – you may attend anonymously, if you wish. No RSVP required!

## EATING DISORDER GROUPS

### INDIVIDUALS IN RECOVERY

This group is open to anyone who is currently in treatment, in recovery, or has not yet sought treatment yet for an eating disorder. We are temporarily adding a second meeting on Thursdays while social distancing regulations are in place due to the COVID-19 outbreak.

#### 2ND AND 4TH MONDAY OF EVERY MONTH

5-6 pm PST | 6-7 pm MST  
7-8 pm CST | 8-9 pm EST

#### EVERY THURSDAY STARTING MARCH 26

1-2 pm PST | 2-3 pm MST  
3-4 pm CST | 4-5 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/447118922](https://centerfordiscovery.zoom.us/j/447118922)  
Meeting ID: 447-118-922

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/431463081](https://centerfordiscovery.zoom.us/j/431463081)  
Meeting ID: 431-463-081

### BINGE EATING DISORDER (BED)

This meeting is OPEN TO THE COMMUNITY and invites all individuals recovering from BED. The group provides an opportunity to process issues related to the recovery journey and offers support in a safe, non-judgmental environment.

**WEDNESDAY EVENINGS:** 7-8 pm PST | 7-8 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/9764479755](https://centerfordiscovery.zoom.us/j/9764479755) Meeting ID: 976 447 9755

### LOVED ONES

This meeting is OPEN TO THE COMMUNITY and invites all parents, siblings, partners, and anyone in the client support network.

#### 2ND AND 4TH WEDNESDAY OF EVERY MONTH

5-6 pm PST | 6-7 pm MST  
7-8 pm CST | 8-9 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/847562752](https://centerfordiscovery.zoom.us/j/847562752)  
Meeting ID: 847 562 752

### ALUMNI

This meeting is for all Discovery alumni seeking eating disorder recovery, support, or information.

#### 1ST, 3RD, AND 5TH (IF APPLICABLE) MONDAY OF EVERY MONTH.

5-6 pm PST | 6-7 pm MST  
7-8 pm CST | 8-9 pm EST

**TO JOIN THE MEETING:**  
Log into your Discovery Connect account

## MENTAL HEALTH GROUPS

### INDIVIDUALS IN RECOVERY

This group is open to anyone who is currently in treatment, in recovery, or has not yet sought treatment yet for a mental health disorder.

#### EVERY MONDAY STARTING MARCH 23

3-4 pm PST | 4-5 pm MST  
5-6 pm CST | 6-7 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/609711047](https://centerfordiscovery.zoom.us/j/609711047)  
Meeting ID: 609-711-047

### LOVED ONES

This group is open to family and friends with a loved one in mental health treatment or recovery.

#### EVERY THURSDAY STARTING MARCH 26

3-4 pm PST | 4-5 pm MST  
5-6 pm CST | 6-7 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/803574016](https://centerfordiscovery.zoom.us/j/803574016)  
Meeting ID: 803-574-016

### MENTAL AND MEDICAL HEALTHCARE PROFESSIONALS

This group is available to any professional who provides eating disorder or mental health services.

#### EVERY WEDNESDAY STARTING MARCH 25

12-1 pm PST | 1-2pm MST  
2-3 pm CST | 3-4 pm EST

**TO JOIN THE MEETING, PLEASE VISIT:**  
[centerfordiscovery.zoom.us/j/725224900](https://centerfordiscovery.zoom.us/j/725224900)  
Meeting ID: 725-224-900

Please visit [www.SupportInRecovery.com](http://www.SupportInRecovery.com) to confirm group times based on location

Questions: [DiscoveryConnect@centerfordiscovery.com](mailto:DiscoveryConnect@centerfordiscovery.com) | 866-480-3475