

## NEDA Network Virtual Support Groups

The NEDA Network is a partnership between NEDA (National Eating Disorders Association) and other mission-aligned organizations dedicated to advancing the field of eating disorders and building a community of support and hope. With nearly 20 member organizations, the NEDA Network provides a unified voice in the fight against eating disorders. **The following is a list of virtual support group options offered by some of these Network organizations (sorted by timezone) - this information has been supplied by the nonprofits and compiled as a resource as of 3.24.20 at 2pm eastern time**

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### **Alaska Time**

#### Alaska Eating Disorders Alliance

##### **Family and loved ones**

Third Saturdays of the month - 1:30-3pm

FREE

Contact: [eabello.alaskaedalliance@gmail.com](mailto:eabello.alaskaedalliance@gmail.com)

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### **Mountain Time**

#### The Eating Disorder Foundation

##### **Individuals 18+ struggling with an eating disorder**

Tuesdays - 12:30-1:30pm and 6-7:30pm

##### **Family and Friends**

Wednesdays - 5:30-7:00pm

##### **Individuals 30+ struggling with an eating disorder**

Saturdays - 10-11:30am

FREE

Info: <https://www.eatingdisorderfoundation.org/get-help/support-groups/>

#### Ophelia's Place

##### **Adults with eating disorders**

Thursdays - 6:30pm

FREE

Info: <https://www.opheliasplace.org/support-services>

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### **Central Time**

#### Living Proof MN

##### **Adolescent and Adult**

Wednesdays - 5:30pm

Thursdays - 6:30pm

Sundays (except 1st Sunday of the month) - 5:30pm

FREE

Info: [www.LivingProofMN.com](http://www.LivingProofMN.com)

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## Eastern Time

### Ophelia's Place

#### **Adults with eating disorders**

Thursdays - 5:45pm

FREE

Info: <https://www.opheliasplace.org/support-services>

### The Multi-Service Eating Disorders Association (MEDA)

#### **Drop in support group for loved ones**

Every other Monday - 6:15pm

\$30/per person or \$20 per couple

#### **Drop in support group**

Tuesdays - 12pm and 6pm

Thursdays - 12pm and 6pm

FREE

#### **EmbodiED for Binge Eating Disorder**

Wednesdays - 6pm - registration required

\$30/group

*(Scholarships are available for all MEDA groups)*

Info: <https://www.medainc.org/services/heal/medas-recovery-groups/>

### Rock Recovery

#### **Support group for mothers with eating disorders**

First Saturday of the month - 9-10:30am - VA only

\$50

*(Sliding scale available)*

Info: <https://www.rockrecoveryed.org/coffeeformoms/>