



Adult Support Group (ASG) Guidelines

All support groups are peer-led, facilitated by licensed therapists and dietitians, open to the public, and provided at no cost to attendees.

Adult Support Group (ASG)

Pro-recovery, gender inclusive, 18+, FREE

Every Wednesday

6:00-7:00 pm

ASG is intended to meet the needs of individuals who are struggling with disordered eating and body image issues or in recovery from an eating disorder. The group is facilitated, offers support, feedback, and a safe environment where attendees may talk openly with others who are sharing similar experiences. ED support groups can be an important supplement to outpatient eating disorder treatment. It is a non-judgemental environment and a place to empower, support, and inform recovery. ASG is gender inclusive and pro-recovery.

ASG Guidelines

As a participant in the ASG, I agree to the following:

- Group attendance is open to any person interested in support for their personal recovery from an eating disorder/disordered eating/body image concerns.
- The confidentiality of each group member will be respected. It is critical that you hold in confidence the identity of, or information about, anyone you may know through ASG.
- Each group member will be an active participant by listening attentively and discussing the subject matter with other group members as appropriate.
- Our facilitators are professionals with extensive training and experience in helping individuals deal with eating disorders. The facilitator is the group leader and is responsible for this group as a whole. There is an expectation to treat the professional leader with respect at all times.
- It is strongly recommended that participants use this support group as an adjunct to individual or group therapy as support groups are in no way a substitute for individual therapy or a higher level of treatment.
- The group will make all efforts to support one another in a positive manner, using respectful language and tone.
- Group members are expected share their own experience rather than give advice to others.
- In order to avoid potential triggering reactions, attendees are asked to avoid discussion or description of negative food behaviors, intense trauma experience, and numbers related to food, weight, or size. Please abstain from negative/ineffective behavior verbiage.
- Use of any other technology that may be distracting to the group is prohibited.
- Group members may share their contact information with each other at their own discretion.
- Attendees must abstain from the use of alcohol or other substances prior/during group.
- If the group facilitator has concerns about the health and well-being of a specific group member, they may request that the individual seek additional support and/or a higher level of treatment in the community in order to continue to be involved in ASG.

- In order to provide essential data and encourage continuity of support for participants, the group facilitator will be in contact with CRC for ED and Nutritious Thoughts' administration, and other ASG leaders, to share information after each group meeting.
- If a group member states that they are at risk to harm themselves or others, the group facilitator will take action to ensure safety.

This is a free support group and it meets every Wednesday from 6-7pm. Group begins promptly at 6pm so please arrive on time or early.

Group will not take place on national holidays. Whenever possible we will update the website and social media and we will send out e-newsletters with any group schedule changes.

Any questions or concerns regarding the support group may be communicated to CRC for ED's director at 828-337-4685, or simone@crcfored.com.