

Eating Disorder RECOVERY SUPPORT GROUP

A supportive virtual community for adults seeking encouragement, connection, and accountability in eating disorder recovery.

Connect with others who understand the challenges of recovery while building hope, resilience, and support in a safe and welcoming environment.

IN OUR GROUP, YOU'LL FIND:



Recovery support and encouragement



Body image healing



Reducing isolation



Building healthy coping strategies



Connection with others in recovery



Accountability and hope

BEFORE JOINING

All participants complete a one-time 50-minute screening consultation prior to participation to ensure the group is an appropriate fit.

INVESTMENT

\$30
per session
Self-pay Only

SELF-PAY ONLY

This is a professionally facilitated peer support group and is not eligible for insurance reimbursement.

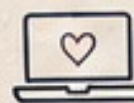


info@groundedminds.org

A safe space. Real connection.
Stronger together.



THE DETAILS



VIRTUAL
SUPPORT GROUP



60
MINUTES



ADULTS 18+



LIMITED
SEATING
AVAILABLE

Virtual Group
Starting Sept 3rd, 2026
8:00pm-9:00pm EST
Space is limited