



www.eatingdisorder.care

OUTPATIENT GROUP SCHEDULE

SATURDAY FREE ANAD Eating Disorder Support Group: 1:30pm-2:30pm

This is not a skills or process group; it is a peer-led support group that provides a space to build a community of individuals who understand the struggles related to managing eating disorder thoughts and symptoms in daily life.

NOTE: This group is free, open to the public and does not require pre-screening.

MONDAY Acceptance and Commitment Therapy (ACT) Group: 6:00pm-7:30pm

Acceptance and Commitment Therapy blends cognitive behavioral therapy, mindfulness, and relational frame theory. In other words, ACT looks at how the human brain works in producing our thoughts. When we understand the basic functions and processes of our brain we can begin to understand our reactions. In this group, individuals work to increase awareness of their thoughts, develop more adaptive and creative responses to problems, and reconnect to their values.

WEDNESDAY Binge Eating Disorder (BED) Group: 6:00pm-7:30pm

Our Binge Eating Disorder support group offers a safe, nonjudgment environment for those clinically diagnosed with BED to find help and support. It is designed to empower individuals in recovery through education, coping strategies and creating a support system through a sense of community.

THURSDAY Dialectical Behavioral Therapy (DBT) Group: 6:00pm-7:30pm

Dialectical Behavioral Therapy is effective at helping individuals manage overwhelming emotions. Research shows DBT strengthens a person's ability to handle distress without losing control or acting destructively. Through DBT, individuals will learn four critically important skills that can both reduce the size of emotional waves and help keep balance when emotions become overwhelming.

Anyone seeking Outpatient Groups must provide proof that they are currently seeing an OP therapist. Must be at least 18+ and pre-screenings are required.

Cost is \$30.00 out-of-pocket per group. Covered by some insurance plans. Individuals responsible for submitting billing slip to their insurance for reimbursement.

To learn more about our services, register for a group, or to schedule a complimentary assessment, please contact our Admissions Team at **(303) 771-0861**

Groups are held at EDCare Denver

4100 East Mississippi Avenue, Suite 1300 | Denver, CO 80246