



Your Life Worth Healing

Outpatient Support Group Schedule

Dialectical Behavioral Therapy (DBT) Skills Training - Tuesdays 6:00 - 7:30pm

Dialectic and experiential education in four different skill areas: core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Cost is \$20 per group.

Art Therapy Support Group - Mondays 5:30-7:00pm - This ongoing, weekly group utilizes art and creativity by incorporating various types of art media to facilitate a connection with others and self. The group will emphasize mindfulness, self-discovery and the actions needed to maintain a recovery focus. Cost is \$20 per group.

ACT/Relapse Prevention Group - Thursdays 6:00 - 7:15pm - This group will cover the core principles of acceptance and commitment therapy, as well as topics related to relapse prevention. The purpose of this group is to teach clients mindfulness skills and to develop a more meaningful life outside of the eating disorder. Cost is \$20 per group.

Process-Oriented Groups: The following three groups are designed for individuals in recovery, who have completed an intense eating disorders program or who are in sustained recovery with on-going outpatient treatment. Cost is \$20 per group.

Outpatient BED Process Group - Tuesdays 6:15 - 7:45pm

EIOP/Outpatient Aftercare Group - Wednesdays 5:30 - 7:00pm

Aftercare Outpatient Process Group - Tuesdays 5:30-7:00pm

ANAD (Anorexia Nervosa and Associated Disorders) - Saturdays 1:30 - 2:30pm - A free support group open to the community for individuals suffering and recovering from eating disorders. This group is intended to be used in conjunction with therapy. No preregistration required.

Please see our website for information regarding additional resources.

**All groups require pre-screening (except ANAD).
Call 303-771-0861 to register for any of the groups.**

**All groups are located at:
The Eating Disorder Center Denver
950 S. Cherry St. Ste 1010
Denver, CO 80246
www.edcdenver.com**

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