

Bloomington Support Groups

Name of Support Group: Eating Disorders Support Group (Anorexia and Bulimia)

Focus or topic: Support for ED's

Support Group Leader(s) and Qualifications: Jan Taylor Schultz, LCSW, Therapist specializing in Eating Disorders

Location: 3925 Hagan Street, Suite 203, Bloomington, IN 47401 (see map on website)

Days of the week: Last Monday of each month

Times: 5-6 pm

Frequency: Once per month

Age/Sex Limitations: 18 +

Group size limitation: No

Sign up/registration required: No

Fee: Free

Contact person name, phone, e-mail: Jan Taylor Schultz, LCSW
812-334-0001 Jan@Jantaylor.org

Website: jantaylor.org

Indianapolis Support Groups

Name of Support Group: ANAD Eating Disorders Support Group

Focus or topic: Self-help group for individuals wanting to recover from an eating disorder

Support Group Leader(s) and Qualifications: Valerie Volland, MSSW, LSW

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Days of the week: 2nd and 4th Mondays of each month (excluding holidays)

Times: 6:00-7:30 pm

Frequency: Twice monthly

Age/Sex Limitations: 18 years of age and older

Group size limitation: NONE

Sign up/registration required: Please call the office the day of the group if you plan on attending in order for appropriate group planning.

Fee: Free

Contact person name: Valerie Volland, MSSW

Contact Email: vvolland@clarian.org

Phone: 317-295-0608

Website: www.clarian.org/chariscenter

Name of Support Group: Family Support Group

Focus or topic: Support for family members and friends of those recovering from eating disorders (not for those in treatment)

Support Group Leader(s) and Qualifications: Charis Center Medical Director, Mary Rouse, M.D. and a Charis Center staff psychologist

Location: Charis Center for Eating Disorder, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Days of the week: Second Tuesday of the month

Times: 7:00-8:30 pm

Frequency: Once a month

Age/Sex Limitations: 18 years old

Group size limitation: N/A

Sign up/registration required: Preferred; Sign-up through Charis Center receptionist.

Fee: \$15/person

Contact person name: Dr. Mary Rouse

Phone: 317-295-0608

E-mail: chariscenter@clarian.org

Website: www.clarian.org/chariscenter

Name of Support Group: EDA/ANAD Eating Disorder Support Group

Focus or topic: Recovery-focused, solution-themed; conversational style

Support Group Leader(s) and Qualifications: Amy Kuehn; BA in psychology; extended length of time in recovery and experience in leading groups

Location: Fairbanks Hospital, 8102 Clearvista Pkwy, Indianapolis, IN 46256

Days of the week: Every Sunday

Times: 6-7 pm

Frequency: Weekly

Age/Sex Limitations: No

Group size limitation: No

Sign up/registration required: No, walk-ins welcome

Fee: Free

Contact person name, phone, e-mail: Amy Kuehn, (317)908-9289, amster_71@comcast.net

Website: n/a