**Resources in Minnesota for Assessment and Treatment of Eating Disorders**

Kristin Klinefelter, Registered Dietitian, Grand Itasca Clinic – outpatient nutrition therapy with referral from primary care provider. 218-326-3401

Diann Ackard Private Practice Golden Valley, MN www.diannackard.com Outpatient

Susan L. Buesing, LMFT, LD Private Practice Shoreview, MN Outpatient

CentraCare St. Cloud, MN http://www.centracare.com/services/eating-disorders/ Outpatient

The Emily Program Twin Cities locations and Duluth www.emilyprogram.com

Outpatient Intensive Outpatient Intensive Day Treatment Residential  844-533-2599

Kathy Kater, LICSW St. Paul, MN www.bodyimagehealth.org Outpatient

Suzanne L. Krueger & Associates, P.C. Bloomington, MN www.suzannekrueger.com Outpatient

Mayo Eating Disorders Clinic Rochester, MN [www.mayoclinic.org/eating-disorders](http://www.mayoclinic.org/eating-disorders)

Outpatient Inpatient Park Nicollet

Melrose Center St. Louis Park, MN 952-993-6200

http://www.parknicollet.com/SpecialtyCenters/Melrose-Center Outpatient Intensive Outpatient Partial Hospitalization/Day Treatment Inpatient Residential

Water’s Edge Counseling & Health Center Burnsville, MN

Outpatient Intensive Outpatient 952-898-5020

www.watersedgechc.com

Info@watersedgechc.com

**NORTH DAKOTA**

Neuropsychiatric Institute for Eating Disorders Fargo, ND [www.nrifargo.com/edi.asp](http://www.nrifargo.com/edi.asp)

Outpatient Partial Hospitalization Inpatient Eating Disorder Assessment & Treatment (701) 293-1335

Sanford Eating Disorders & Weight Management Center 1717 S University Drive, Fargo, ND 58103

Website: [www.sanfordhealth.org](http://www.sanfordhealth.org) (701) 234-4111

**ONLINE RESOURCES**

YOUTUBE CHANNEL-Eating Disorder Hope [Eating Disorder Hope - YouTube](https://www.youtube.com/channel/UCxZbcpVGZBPwCwyJcx64E_w)

[Eating Disorder Hope - Resources for Anorexia, Bulimia & Binge Eating](https://www.eatingdisorderhope.com/)-eatingdisorderhope.com

Living Proof MN- virtual groups worldwide for adolescents, adults, and supporters

https://www.livingproogmn.com/group-calendar.html

## ****Online Eating Disorder Support Groups****

| **Name / Info** | **Treatment Setting** | **Patient Types Served** | **Therapist-led Group?** |
| --- | --- | --- | --- |
| **“Lift the Shame” Online Support Group**Register: Timberline Knolls Support GroupsEmail: crystal@crystalkarges.comWebsite: www.timberlineknolls.comMeeting Day: Third Sunday of Each MonthMeeting Time: 7:00pm - 8:00pm EST | Open group; online | Adults / AdolescentsWomen Only | No |
| **Alsana Eating Recovery Community Online Support Group**Website: www.alsana.com/online-support-groups/Phone: 855-602-5022Meeting Day: FridayMeeting Time: 12 Noon PT | Open group; online | Adults / AdolescentsMen & Women | Yes |
| **Alsana Eating Recovery Family Online Support Group**Website: www.alsana.com/online-support-groups/Phone: 855-602-5022Meeting Day: ThursdayMeeting Time: 12 Noon PT | Open group; online | Adults / AdolescentsMen & Women | Yes |
| **Alsana Eating Recovery Alumni Online Support Group**Website: www.alsana.com/online-support-groups/Phone: 855-602-5022Meeting Day: TuesdayMeeting Time: 12 Noon PT | Open group; online | Adults / AdolescentsMen & Women | Yes |
| **The Center for Eating Disorders at Shephard Pratt**Live Chat Support GroupsWebsite: www.eatingdisorder.org/forum/index.phpMeeting Time: 2nd Sunday of Each Month, 8pm | Open group; online | Adults / AdolescentsMen & Women | Yes |
| **Montecatini Eating Disorder Support Groups**Phone: 866-435-7999Website: www.eGetgoing.comMeeting Time: Mon @ 1:30pm PST, Tues @ 3pm PSTThurs @ 6pm PST | Open groups-must havecompleted a residential program; online | Adults / AdolescentsMen & Women | Yes |
| **Milestones in Recovery-Eating Disorder Support Group**Email: Milestonesinrecovery@yahoogroups.comWebsite: www.milestonesprogram.orgMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| **B.E.A.T-Beating Eating Disorders Support Groups**Website: www.b-eat.co.ukMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| Eating Disorders OnlineWebsite: eating-disorder.supportgroups.comMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| Daily Strength Eating Disorders Support GroupWebsite: www.dailystrength.orgMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| The National Association for Males with EatingDisorders-Online Support GroupsPhone: 877-780-0080Email: Chris@NAMEDinc.orgWebsite: www.namedinc.org/supportgroups.aspMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen Only | No |
| Eating Disorders Anonymous Online MeetingWebsite: edanonymous.blogspot.comMeeting Time: Tuesdays @ 12:15pm CT | Open group; online | Adults / AdolescentsMen & Women | No |
| ED Recovery Jax Online Support GroupWebsite: www.edrecoveryjax.comMeeting Time: Thursdays @ 9:00pm | Open group; online | Adults / AdolescentsMen & Women | No |
| MentorCONNECT CommunityOnline Live Moderated Chat E-Support GroupEmail: mc@key-to-life.comWebsite: www.key-to-life.com/mentorconnectMeeting Time: Mon@ 8pm CST, Thurs @ 8pm CST | Open group; online | Adults / AdolescentsMen & Women | No |
| Healing Cove: An Eating Disorders Support CommunityWebsite: www.healingcoe.socialgo.comMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| ANAD: Night Eating Syndrome Support GroupWebsite: www.mdjunction.com/night-eating-syndrome.comMeeting Time: Monday@ 9pm EST | Open group; online | Adults / AdolescentsMen & Women | No |
| Diabulimia Helpline Support GroupsDiabulimia Awareness: https://www.facebook.com/groups/DiabulimiaSupport/Type 2 Diabetes & Eating Issues: https://www.facebook.com/groups/456285507905116/Diabulimia Friends & Family: https://www.facebook.com/groups/diabulimia.friends.family/ | Open group; online | Adults / AdolescentsMen & Women | No |
| Let Go of the Scale & Get a Life!Website: www.IEDInstitute.comMeeting Time: Ongoing | Open group; online | Adults / AdolescentsMen & Women | No |
| BET (Binge Eating, Abuse & Sexual Trauma) Online GroupRegister: https://www.hope4christianrecovery.org/support-groups-workshops.htmlEmail: recovery@hope4christianrecovery.orgMeeting Day: 2nd & 4th Sundays (5th when applicable)Meeting Time: 6 - 7:30 pm Eastern | Open group; onlineMust be a survivor of Abuse or Sexual Trauma | AdultsWomen OnlySurvivors of Abuse & Sexual Trauma | Yes |
| Abuse, Sexual Trauma & Bulimia Online GroupRegister: https://www.hope4christianrecovery.org/support-groups-workshops.htmlEmail: recovery@hope4christianrecovery.orgMeeting Day: Weekly on TuesdaysMeeting Time: 7 - 8:30 pm Eastern | Open group; onlineMust be a survivor of Abuse or Sexual Trauma | AdultsWomen OnlySurvivors of Abuse & Sexual Trauma | No |
| Rock RecoveryPhone: 855-209-3457Email: faithsupport@rockrecoveryed.orgWebsite: https://rockrecoveryed.org/faith-recovery-services/Set Free Faith-based Support Group (offered Nationwide):Meeting Time: Thursday mornings 7:00 AM - 8:00 AM EST and 7:00 AM - 8:00 AM PSTParents & Loved Ones Prayer Group (offered Nationwide):Meeting Time: 1st Tuesday of the Month 7:00 PM - 8:00 PM EST | Online, virtual therapy group |  |  |