**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](mailto: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](tel:7012931335)

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

Website: [www.sanfordhealth.org](http://www.sanfordhealth.org) [(701) 234-4111](tel:7012344111)

**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 Groups Email: crystal@crystalkarges.com Website: www.timberlineknolls.com Meeting Day: Third Sunday of Each Month Meeting Time: 7:00pm - 8:00pm EST | Open group; online | Adults / Adolescents Women Only | No |
| **Alsana Eating Recovery Community Online Support Group** Website: www.alsana.com/online-support-groups/ Phone: 855-602-5022 Meeting Day: Friday Meeting Time: 12 Noon PT | Open group; online | Adults / Adolescents Men & Women | Yes |
| **Alsana Eating Recovery Family Online Support Group** Website: www.alsana.com/online-support-groups/ Phone: 855-602-5022 Meeting Day: Thursday Meeting Time: 12 Noon PT | Open group; online | Adults / Adolescents Men & Women | Yes |
| **Alsana Eating Recovery Alumni Online Support Group** Website: www.alsana.com/online-support-groups/ Phone: 855-602-5022 Meeting Day: Tuesday Meeting Time: 12 Noon PT | Open group; online | Adults / Adolescents Men & Women | Yes |
| **The Center for Eating Disorders at Shephard Pratt** Live Chat Support Groups Website: www.eatingdisorder.org/forum/index.php Meeting Time: 2nd Sunday of Each Month, 8pm | Open group; online | Adults / Adolescents Men & Women | Yes |
| **Montecatini Eating Disorder Support Groups** Phone: 866-435-7999 Website: www.eGetgoing.com Meeting Time: Mon @ 1:30pm PST, Tues @ 3pm PST Thurs @ 6pm PST | Open groups-must have completed a residential program; online | Adults / Adolescents Men & Women | Yes |
| **Milestones in Recovery-Eating Disorder Support Group** Email: Milestonesinrecovery@yahoogroups.com Website: www.milestonesprogram.org Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| **B.E.A.T-Beating Eating Disorders Support Groups** Website: www.b-eat.co.uk Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| Eating Disorders Online Website: eating-disorder.supportgroups.com Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| Daily Strength Eating Disorders Support Group Website: www.dailystrength.org Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| The National Association for Males with Eating Disorders-Online Support Groups Phone: 877-780-0080 Email: Chris@NAMEDinc.org Website: www.namedinc.org/supportgroups.asp Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men Only | No |
| Eating Disorders Anonymous Online Meeting Website: edanonymous.blogspot.com Meeting Time: Tuesdays @ 12:15pm CT | Open group; online | Adults / Adolescents Men & Women | No |
| ED Recovery Jax Online Support Group Website: www.edrecoveryjax.com Meeting Time: Thursdays @ 9:00pm | Open group; online | Adults / Adolescents Men & Women | No |
| MentorCONNECT Community Online Live Moderated Chat E-Support Group Email: mc@key-to-life.com Website: www.key-to-life.com/mentorconnect Meeting Time: Mon@ 8pm CST, Thurs @ 8pm CST | Open group; online | Adults / Adolescents Men & Women | No |
| Healing Cove: An Eating Disorders Support Community Website: www.healingcoe.socialgo.com Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| ANAD: Night Eating Syndrome Support Group Website: www.mdjunction.com/night-eating-syndrome.com Meeting Time: Monday@ 9pm EST | Open group; online | Adults / Adolescents Men & Women | No |
| Diabulimia Helpline Support Groups  Diabulimia 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 / Adolescents Men & Women | No |
| Let Go of the Scale & Get a Life! Website: www.IEDInstitute.com Meeting Time: Ongoing | Open group; online | Adults / Adolescents Men & Women | No |
| BET (Binge Eating, Abuse & Sexual Trauma) Online Group Register: https://www.hope4christianrecovery.org/support-groups-workshops.html Email: recovery@hope4christianrecovery.org Meeting Day: 2nd & 4th Sundays (5th when applicable) Meeting Time: 6 - 7:30 pm Eastern | Open group; online Must be a survivor of Abuse or Sexual Trauma | Adults Women Only Survivors of Abuse & Sexual Trauma | Yes |
| Abuse, Sexual Trauma & Bulimia Online Group Register: https://www.hope4christianrecovery.org/support-groups-workshops.html Email: recovery@hope4christianrecovery.org Meeting Day: Weekly on Tuesdays Meeting Time: 7 - 8:30 pm Eastern | Open group; online Must be a survivor of Abuse or Sexual Trauma | Adults Women Only Survivors of Abuse & Sexual Trauma | No |
| Rock Recovery Phone: 855-209-3457 Email: faithsupport@rockrecoveryed.org Website: 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 PST  Parents & Loved Ones Prayer Group (offered Nationwide): Meeting Time: 1st Tuesday of the Month 7:00 PM - 8:00 PM EST | Online, virtual therapy group |  |  |