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| **Food, Exercise, Body Image Recovery Groups** | **Specific name of group/****population** | **Provided by/contact to schedule** | **Date/time** | **Location/****format** | **fee?** |
|  | College Nutrition Coaching Group | hello@lisanolting.com. | Spring 2022 | Virtual | yes |
| **Mondays** | LGBTQ+ ED and Body Image support group | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Mondays 1pm | Virtual | no |
|  | Eating Disorder Support Group for Competitive and Collegiate Athletes | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | 1 & 3 Mondays of the month 7-8PM | Virtual | no |
| **Tuesdays** | **18+** Navigating Eating Disorders  | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Tuesdays 1:30-2:30pm | Virtual | no |
|  | ED support group | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Tuesdays noon | Virtual | no |
|  | 18+ Navigating Binge Eating Disorder | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Tuesdays 3-4pm | Virtual | no |
|  | 50+ Struggling with an Eating Disorder | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Tuesdays 5-6pm | Virtual | no |
|  | Men Navigating Eating Disorders Support Group | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | 2nd & 4th Tuesdays of the month 7-8pm | Virtual | no |
|  | **18+** Navigating Eating Disorders  | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Tuesdays 7-8pm | Virtual | no |
| **Wednesdays**  | 18+ Navigating Eating Disorders | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Wednesdays 1:30-2:30pm | Virtual | no |
|  | Neurodivergent Folx 18+ Navigating Eating Disorders | The Eating Disorder Foundation<https://app.etapestry.com/onlineforms/TheEatingDisorderFoundation/monthly-connections.html>  | Last Wednesday of the month 5-6pm | Virtual | no |
|  | Binge Eating Recovery Support group | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Wednesdays 4:15pm | Virtual | no |
|  | LGBTQ+ Individuals 18+ Navigating Eating Disorders | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Wednesdays 6:30-7:30pm | Virtual | no |
|  | ED support Group | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Wednesdays 6pm | Virtual | no |
| **Thursdays**  | 30+ Navigating Eating Disorders | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Thursdays 1:30-2:30pm | Virtual | no |
|  | ED College Students/Early Adult Support group | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Thursdays 1pm | Virtual | No |
|  | Trans+ & Nonbinary Support Group 18+ | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Thursdays5-6pm | Virtual | no |
|  | Art Journaling Group 18+ | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Thursdays7-8pm | Virtual | no |
| **Fridays**  | 18+ Navigating Eating Disorders | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Fridays 1:30-2:30pm | Virtual | no |
|  | Adolescent Support Group 13-17 | The Eating Disorder FoundationParent has to contact to register: (303-322-3373 or info@eatingdisorderfoundation.org) | Fridays 6-7pm | Virtual | no |
| **Saturdays** | 30+ Navigating Eating Disorders | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Saturdays 11am-12:30pm | Virtual | no |
|  | 18+ On Solid Ground- ED with focus on mood | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | 2nd & 4th Saturdays11am-noon | Virtual | no |
| **Sundays** | 18+ Struggling with an Eating Disorder | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/>  | Sundays6-6:55pm | Virtual | no |
|  | Grupo de Apoyo Individual Virtual para 18+ | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/> | Domingo7-8pm | Virtual | no |

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| **Mental Health Groups** | **Specific name for group/population** | **Provided by/contact** | **Date/time** | **Location/format** | **Is there a fee?** |
| **Mondays** | MH support group for people of Color | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Mondays 7pm | Virtual | no |
|  | MH support group for People of Color | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Mondays 6 p.m. | Virtual | no |
| **Wednesdays** | Anxiety and Depression support group | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Wednesdays 7pm | Virtual | no |
| **Fridays** | MH support Group for College Students/Early Adults | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Fridays 5:15pm | Virtual | No |
|  | National Alliance on Mental Illness Support Group | <https://namicentraliowa.org/support-and-education/support-groups/nami-connection-recovery-support-group/>  |  | Both in person and Virtual Offered | No |

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| **Addiction** | **Specific name for group/population** | **Provided by/contact** | **Date/time** | **Location/format** | **Is there a fee?** |
|  | Addictive Behaviors Skills Group | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Fridays 5:15pm | Virtual | no |
|  | AA meetings, Ames IA 12 step program | <https://www.amesaa.org/meetings?tsml-day=any&tsml-query=ames%20ia&tsml-attendance_option=in_person>  |  | In person- details in link | No |
|  | AA meetings Ames, IA- 12 step program | <https://www.amesaa.org/meetings?tsml-day=any&tsml-query=ames%20ia&tsml-attendance_option=online>  |  | Virtual | no |
|  | Narcotics Anonymous- 12 step program | <https://iowa-na.org/>  |  |  |  |
|  | Gamblers Anonymous- 12 step program | <http://www.gamblersanonymous.org/ga/locations>  |  |  |  |
|  | Celebrate Recovery- Christian Spirituality foundation | <https://www.celebraterecovery.com/>  |  |  |  |

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| **Grief** | **Specific name for group/population** | **Provided by/contact** | **Date/time** | **Location/format** | **Is there a fee?** |
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| **Caregiver & Family Support Groups** | **Specific name for group/population** | **Provided by/contact** | **Date/time** | **Location/format** | **Is there a fee?** |
| **Mondays** | Support Group for Family & Friends | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/>  | Monday 11:30-1pm | Virtual | No |
|  | Mood & Anxiety family & caregiver support group | Pathlight Behavioral Health[Pathlightbh.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CPathlightbh.com%5Csupport-groups) to sign up | Mondays 1pm | Virtual | no |
| **Wednesdays** | Caregiver Skills Group | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/> | Wednesday 12-1PM | Virtual  | no |
|  | Support Group for Family & Friends | The Eating Disorder Foundation<https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/>  | Wednesday 4-6pm | Virtual | No |
|  | Eating Disorder family & caregiver support group: For Loved ones of Adolescents | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Wednesdays 5pm | Virtual | no |
|  | Eating Disorder family & caregiver support group: For Loved ones of Adolescents | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Wednesdays 7:15pm | Virtual | no |
| **Thursdays** | Eating Disorder family & caregiver support group: For Loved ones of Adults | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Thursdays 7pm | Virtual | no |
|  | Eating Disorder family & caregiver support group: For Loved ones of Adults | Eating Recovery Center[Eatingrecovery.com/support-groups](file:///C%3A%5CUsers%5Cmroling%5CDesktop%5CEatingrecovery.com%5Csupport-groups) to sign up | Thursdays 8:30 pm | Virtual | no |
|  | National Alliance on Mental Illness- Family Support Group | <https://namicentraliowa.org/support-and-education/support-groups/nami-family-support-group/>  |  | Both in person and Virtual Group Options | No |
|  | AlaNon/ AlaTeen | <https://al-anon.org/al-anon-meetings/>  |  |  |  |