

Virtual Service Options:

Center	What	Contact info
ED Care	Evening IOP	402-408-0294
Omni ED Clinic	IOP/ PHP	402-333-0898 or email <a href="mailto:Ashley.carpentier@omniic.com">Ashley.carpentier@omniic.com</a>
ERC—ED & MOOD	Virtual IOP	<a href="https://www.eatingrecoverycenter.com/recovery-centers/levels-of-care/adult/virtual-intensive-outpatient-viop">https://www.eatingrecoverycenter.com/recovery-centers/levels-of-care/adult/virtual-intensive-outpatient-viop</a>
Alsana	Virtual IOP/PHP	<a href="https://www.alsana.com/about/programs-virtual/">https://www.alsana.com/about/programs-virtual/</a>
Emily Program	Virtual OP/IOP/Intensive Day program	<a href="https://www.emilyprogram.com/care-we-offer/telehealth/">https://www.emilyprogram.com/care-we-offer/telehealth/</a>  MN/OH/WA/PN at this time
Renfrew	Day/IOP	1-800-RENFREW (736-3739). “throughout country”
Sierra Tucson	IOP/PHP	<u>(855) 449-7538</u>
Walden Behavioral Care	PHP/IOP/Groups	<a href="https://www.waldeneatingdisorders.com/virtual-eating-disorder-treatment/">https://www.waldeneatingdisorders.com/virtual-eating-disorder-treatment/</a>

Omni Eating Disorder Clinic.	<b>FREE, virtual support group</b>	<b>individuals with eating disorders, as well as their family, friends, and/or other supports</b>	please click <a href="#">here</a> . To register, please call 402-333-0898 or email <a href="mailto:Ashley.carpentier@omniic.com">Ashley.carpentier@omniic.com</a> .
Alsana	Free Support Groups	Individuals/ Families	<a href="https://www.alsana.com/online-eating-disorder-support-groups%EF%BB%BF/">https://www.alsana.com/online-eating-disorder-support-groups%EF%BB%BF/</a>
The Alliance	<b>free, therapist-led, virtual <a href="#">support groups</a>.</b>		<b><a href="#">support groups</a>.</b>

Sharing is Healing--

[sharingishealingames@gmail.com](mailto:sharingishealingames@gmail.com)

<https://www.eatingdisorderhope.com/recovery/support-groups/online> lists ALL groups offered with a chart indicating variables such as therapist led/ who can attend/ how to sign up/cost/12 step or not

**Blogs:**

<a href="https://brenebrown.com/blog/">https://brenebrown.com/blog/</a>	<i>"Navigating the Thanksgiving Holiday"</i>
<a href="https://www.kararichardsonwhitely.com/blog">https://www.kararichardsonwhitely.com/blog</a>	<a href="https://www.recoveredliving.com/eaters-digest/">https://www.recoveredliving.com/eaters-digest/</a>
<a href="https://thebodyisnotanapology.com/">https://thebodyisnotanapology.com/</a>	<a href="https://www.instagram.com/gabifresh/">https://www.instagram.com/gabifresh/</a>
<a href="https://www.intuitiveeating.org/blog/">https://www.intuitiveeating.org/blog/</a>	<a href="https://www.stylemecurvy.net/">https://www.stylemecurvy.net/</a>
<a href="https://healthateverysizeblog.org/">https://healthateverysizeblog.org/</a>	<a href="https://jennischaefer.com/blog/">https://jennischaefer.com/blog/</a>

[www.edciowa.org](http://www.edciowa.org) is a great resource for information.