Aurora centers 2122226162

Silver Hill 800 899 4455

Fair Winds in florida 954 272 6739

Bella Vita in la 8185851775

**Aurora Behavioral Health:** [**http://www.auroracenter.org**](http://www.auroracenter.org)**. Recovery from an eating disorder is possible—and the first step is empowerment obtained through compassionate care. At Aurora Behavioral Health, our holistic approach to treatment is based on yogic philosophies integrated within evidence-based behavioral and psychodynamic therapies. At Aurora Center, we provide treatment at all levels of care to allow the individual to customize their treatment to their specific needs and goals. Our goal is to ensure individualized treatment in a supportive setting, where each client’s story can be heard. We offer eating disorder treatment that is responsive to the latest research, while acknowledging that each client is more than a diagnosis and may need more than traditional manualized treatments. In the spirit of healing and engaging a whole recovery, we encourage involvement from family, friends, and partners in your treatment. Successful healing from an eating disorder means more than just stopping behaviors: It means being back in your life in a connected way, including the relationships that are most important to you. For more information, email** [**info@auroracenter.org**](mailto:info@auroracenter.org)**, call 212-222-6162 or visit the website.**

**Balance:** [**www.balancedtx.com**](http://www.balancedtx.com)**. Their mission is to offer the highest quality care for clients suffering from an eating disorder. The decision to come face-to-face with recovery and healing takes enormous strength and courage. The Balance collaborative team welcomes each individual opportunity to provide the support and expertise necessary for every client to empower herself / himself through the process of becoming "recovered." Their goal is to better serve the needs of their clients through offering an even greater array of treatment options, which they believe will help them move towards recovery and offer greater relapse prevention. They have created a serene, soothing atmosphere at Balance where the combination of building trusting relationships between clients and their treatment team and educating through the incorporation of constantly evolving evidence-based research and outcome data, are part of their day-to-day protocol. They empower their clients and provide support in a non-judgmental therapeutic atmosphere. For more information, email** [**balance@balancedtx.com**](mailto:balance@balancedtx.com)**, call 212-645-6903 or visit the website.**

**The Center for the Study of Anorexia and Bulimia (CSAB) [http://icpnyc.org/csab/](http://icpnyc.org/csab/" \t "_blank). CSAB began in 1979 as a study group for individuals who were treating patients with eating disorders and has since grown into a sliding scale outpatient clinic where they see approximately 70 individual patients each week. Their center has grown over the years to include a training program for professionals where they teach an integrative approach for the treatment of patients with eating disorders. They also do community outreach in varying colleges, organizations, and schools. In the past few years they have begun a series of webinars online. Their mission is to teach, help and support people all over the world who are working with the eating disorders population. They also run a Friends and Family Support group on the first and third Wednesdays of each month. They are part of a larger psychoanalytic institution, the Institute for Contemporary Psychotherapy, whose other divisions include GLAP (Gay and Lesbian Affirmative Psychotherapy), Trauma, FACT S (Family and Couples Treatment Services), AT (Adult Treatment), and CATS (Child and Adolescent Treatment Services). For more information, email** [**csab@icpnyc.org**](mailto:csab@icpnyc.org)**, call 212-333-3444 ext. 107 or visit the website.**

**John T. Mather Memorial Hospital Eating Disorder Partial Hospitalization & Intensive Outpatient Program: [www.matherhospital.org](http://www.matherhospital.org" \t "_blank).  Eating Disorders are serious health problems which affect all aspects of a person's life. Eating disorder behaviors such as starvation, binge eating, purging and compulsive exercising, are examples of self destructive coping skills which often develop as a means to cope with emotional pain and suffering. Recovery can occur with specialized professional treatment in addition to strong consistent support. They offer free and anonymous screenings every Wednesday from 1:00pm - 3:00pm. They provide treatment for patients affected by eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder. Treatment is also provided for coexisting psychiatric diagnosis, as needed. Their comprehensive program is designed to treat the medical, psychological, and nutritional aspects of eating disorders. They provide a supportive environment created by a staff of caring and experienced professionals who focus on the reduction of symptoms through the development and utilization of healthy coping strategies. An individual treatment plan is coordinated with the patient's primary care physician and other outpatient treatment providers. For more information, visit the website, call 631-473-3877, Ext. 7956 or email** [**smorin@matherhospital.org**](mailto:smorin@matherhospital.org)**.**

**Metro Behavioral Health Associates Eating Disorders Centers: [www.mbhany.com](http://www.mbhany.com" \t "_blank). With offices in NYC and Scarsdale, NY, MBHA treats patients with anorexia nervosa, bulimia nervosa and binge eating disorders using a comprehensive team approach. Understanding that every patient's eating disorder is different and extremely complex, MBHA creates a personalized therapeutic treatment plan for each patient. They provide education, support and practical feedback to help patients understand and resolve long-standing behavior patterns, habits and coping skills that have simply become too emotionally and physically exhausting and expensive. Treatment services include an IOP or Intensive Outpatient Program, weekly treatment/support groups, individual and family psychotherapy, nutritional counseling, medication management, art and music therapy, Gastric Band Hypnosis and more. MBHA's Intensive Outpatient Program (IOP) meets 3 times (10 hours) a week on Monday and Thursday evenings in the Scarsdale office (one block from the Metro North train station). It includes Music and Art Therapy, Yoga and Mindfulness, Nutrition Education and Support, CBT and DBT Symptom Management and Multi-Family Group. For more information, visit [www.mbhany.com](http://www.mbhany.com" \t "_blank) and contact them at 914-723-MBHA (6242) or** [**info@mbhany.com**](mailto:info@mbhany.com)**.**