

# Eating Disorder Recovery Resources Western Suburbs



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## Psychiatrists

**Drs. Fatima & Syed Ali, MDs** 630.690.2222  
<http://dupagementalhealth.com>

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## Registered Dieticians

**Tamara Walschmidt, RD, LD, CEDRD**  
Midwest Dietician 630.487.7283

**Lisa Carrol, RD, LD** Rago & Associates  
630.926.5472

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## Therapy/Support Groups

**AMITA Alexian Brothers, ANAD Support**  
1650 Moon Lake Blvd, Hoffman Estates  
Mondays 6p Call 847.755.8050

**AMITA Alexian Brothers, Center for Eating Disorders, Parent Support Group**  
1650 Moon Lake Blvd, Hoffman Estates  
1st Tuesday of each month, 6:00p  
Call 847.755.8170 to RSVP

**Renfrew Center Virtual Therapy Group**  
Mondays 6-7p Call 800-RENFREW

**Breaking Free, Inc, EDA Group**  
120 Gale St, Mtg Rm 220, Aurora  
Thursdays 7-8:30p Call 630.897.1042

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## Websites

**ANAD (National Association of Anorexia and Associated Disorders)**

[www.anad.org](http://www.anad.org)

**About Face** [www.about-face.org](http://www.about-face.org)

**Alliance for Eating Disorders Awareness**

[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

**Eating Disorder Hope**

[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)

**Health at Every Size (HAES)**

<https://haescommunity.com>

**The Joy Project** <http://joyproject.org>

**NEDA (National Eating Disorders Association)**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**The Body Positive Institute**

[www.thebodypositive.org](http://www.thebodypositive.org)

**Something Fishy**

<http://www.something-fishy.org/>

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## Fitness

**Abhyaasa Yoga Studio**

124 S. Webster St 2nd Floor, Naperville  
630.358.9642 [www.abhyaasayoga.com](http://www.abhyaasayoga.com)

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## Books

**Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too** JENNI SCHAEFER & THOM RUTLEDGE, LCSW

**Intuitive Eating: A Revolutionary Program That Works** EVELYN TRIBOLE, MS, RD & ELYSE RESCH, MS, RD, FADA

**Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good** JOHANNA KANDEL

**The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-care** JUDITH MATZ, LCSW

**The Mindfulness & Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy** EMILY K. SANDOZ, PhD, KELLY G. WILSON, PhD & TROY DUFRENE

**Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks** THOMAS F. CASH, PhD

**Crave: Why You Binge Eat and How to Stop** CYNTHIA M. BULIK, PhD

**Health at Every Size: The Surprising Truth About Your Weight** LINDA BACON, PhD

Find more helpful book ideas at  
<https://www.eatingdisorderhope.com/recovery/books>