



Breaking Bread. Breaking Isolation. Breaking Barriers of Stigma & Misinformation.

Our Mission:

Rock Recovery is a nonprofit based in Washington, DC that supports the journey to freedom from disordered eating. We bridge gaps in resources for eating disorder treatment and education by removing the barriers of stigma, cost and accessibility.

Our programs uniquely combine clinical expertise rooted in research with faith and community support for deeper healing and restoration.



Our Programs & Support Services:

Rock Recovery welcomes and serves people from all walks of life working to overcome an eating disorder (anorexia, bulimia, binge eating disorder, etc).

We offer accessible and affordable outpatient therapy groups led by skilled clinicians to adults 18+ who struggle across DC, MD, VA and CA. We believe that recovery is possible when communities are empowered to help those who struggle.

Our nationwide community support programs educate and empower individuals to help those who are struggling and their loved ones. Programs include our faith-based support groups and recovery series (open to individuals 14+), corporate wellness workshops and educational seminars for schools, churches and fitness communities to help educate others about the causes and dangers of disordered eating.



Learn more about our clinical recovery groups at www.rockrecoveryed.org/clinical-recovery-services/.

Learn more at our faith support groups at www.rockrecoveryed.org/faith-recovery-services/.



Clinical Outpatient Recovery Programs

We offer robust and affordable eating disorder programs to support the journey to lasting freedom. While we do not take insurance, all programs are offered at sliding scales rates. We also provide out-of-network receipts you may submit to your insurance for potential reimbursement.

Clinical Recovery Services (temporarily virtual)

Bridge to Life Body Image Group (VA) - \$75; Tuesdays; 6:30 - 8:00 PM EST

A weekly 90-minute therapy group for those who desire a healthier relationship with food, body acceptance and a deeper understanding of how emotions are tied to disordered eating. [Details here.](#)

Bridge to Life Therapy Group (DC) - \$75; Thursdays; 5:30 - 7:00 PM EST

A weekly 90-minute group led by expert clinicians that includes meal support, group therapy, mentorship, goal setting and optional spiritual support. [Details here.](#)

Bridge to Life Therapy Group (CA) - \$75; Tuesdays; 6:30 - 8:00 PM PST

A weekly 90-minute therapy group for those who desire a healthier relationship with food, body acceptance and a deeper understanding of how emotions are tied to disordered eating. [Details here.](#)

Breaking Bread Therapy Group (VA) - \$95; Sundays, 6:00 - 8:00 PM EST

A weekly therapy group that includes a clinician-led supported dinner to process food fears and learn flexibility and a recovery directive. [Details here.](#)

Breaking Bread Therapy Group (DC) - \$125; Sundays, 6:15 - 8:45 PM EST

A weekly therapy group that includes a clinician-led supported dinner to process food fears and learn flexibility and a recovery directive. [Details here.](#)

For referrals, here's how your client can get connected to our team:

Email us: freedom@rockrecoveryed.org

Call us: 571-255-9906

Schedule online: <https://go.oncehub.com/RockRecovery>



Nationwide Faith-based Support Groups

We offer robust and affordable eating disorder programs to support the journey to lasting freedom. While we do not take insurance, all programs are offered at sliding scales rates. We also provide out-of-network receipts you may submit to your insurance for potential reimbursement.

Nationwide Recovery Support Services (Currently virtual)

Coffee & Conversations for Moms - \$35/month; 1st Saturday, 9:00-10:30 AM EST

A monthly support group that is designed to provide mothers with a safe space to process the ups and downs of recovery and motherhood, while finding encouragement from others on similar journeys. [Details here.](#)

New ID Recovery Series - \$90/six weeks; 7:00-8:30 PM EST

A six-week Christian course designed to help bring healing and hope to those who struggle with eating disorders and related issues. Each series includes teaching, testimonials, group discussion and prayer. Available for individuals 14+. [Details here](#)

Lasting Freedom Recovery Series - \$99/six weeks; 7:00-8:30 PM EST

A six-week support series that provides individuals with the tools they need to begin to heal the relationship between food and their bodies. Each series includes teaching, testimonials, group discussion and prayer. Open to individuals 14+. [Details here.](#)

Loved Ones Prayer Support Group - Free; 1st Tuesday, 7:00-8:00 PM EST

A monthly prayer group designed to provide support and community to those caring for a loved one navigating eating disorder recovery. [Details here.](#)

Set Free: Faith Support Group - \$50/month; Thursdays, 7:00 & 10:00 AM EST

A weekly support group that provides space for those seeking recovery with Christian community and a space to discuss their faith and how it relates to recovery. Available for individuals 16+. [Details here.](#)

For general program inquiries, email
faithsupport@rockrecoveryed.org

For more details, visit our website at
www.rockrecoveryed.org/programs/.