



QUAD CITIES EATING DISORDERS SUPPORT GROUP

The Quad Cities Eating Disorders Support Group is held the first and third Wednesdays of every month. This is a FREE, peer-led support group that is open to those with eating disorders as well as family members and friends.

Held In-Person at the
RYC Outpatient Clinic
1704 E 54th Street
Davenport, IA
in the IOP Group Room
1st & 3rd Wednesdays
6:00 - 7:00 p.m.
Questions? Call (563) 742-2455



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QUAD CITIES EATING DISORDERS CONSORTIUM

Funded by



Facilitated by



On our website you can find more treatment options and resources for those with eating disorders as well as details on our upcoming trainings and community events for educators, providers and the public.

Questions? Contact:
(563) 742-2455
info@amysgift.com
www.amysgift.com

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QUAD CITIES EATING DISORDERS CONSORTIUM

IL/IA QUAD CITIES EATING DISORDERS RESOURCES



Visit us at
www.amysgift.com



Counseling Resources

BETSY ZMUDA-SWANSON, LCSW

4501 7th Avenue, Rock Island, IL
Phone: (309) 786-3006
Email: betsyzmudaswanson@gmail.com

GREEN COUNSELING SERVICES

Center for Eating Disorders
2010 E 38th St. Ste. 205, Davenport, IA
Phone: (319) 800-5564

COVENANT FAMILY SOLUTIONS

Alexandra Kurauskas, LMHC
5403 Victoria Ave, Davenport, IA
Phone: (563) 296-0877
Email: alexandra@covenantfamilysolutions.com

NEW MOON WELLNESS QC

Diane M Hudson, LMHC, NCC
2435 Kimberly Road, Suite 205N, Bettendorf, IA
Phone: (563) 484-0266
Email: dianeh@newmoonwellnessqc.com

SOUTH PARK PSYCHOLOGY

Sharon C. Lash, PsyD
Tara Smith-Prybil, LCPC
2100 52nd Avenue, Moline, IL
Phone: (309) 797-2900

ROBERT YOUNG CENTER

Josie Bahen, LCPC, LMHC
4600 3rd Street, Moline, IL
Phone: (309) 779-3000

AILM THERAPY

Kathleen O'Connor, LCPC, LMHC, CEDS
Phone: (708) 580-6818
Email: kathleen@ailmtherapy.com

LIBRA VIRTUAL CARE

Phone: (720) 608-3555
Email: stalzercounseling@outlook.com

EDISON EATING DISORDER & MENTAL HEALTH SERVICES

Phone: (515) 619-6927
Email: kim@edisonedmh.com

Nutritional Resources

FOOD FREEDOM

Michelle Russell, RD, LD, CEDS
320 North 3rd Street, Suite 416, Burlington, IA
Phone: (319) 208-9038
Email: michelle@michellerussellrd.com

PROUD PEACEFUL NUTRITION

Stephanie Proud, RDN, LD, CNSC
Phone: (319) 331-9017
Email: stephanie@proudpeacefulnutrition.com

CLARAHAN CONSULTING

Sue Clarahan, RD, LD
332 S. Linn Street, Suite 27, Iowa City
Phone: (319) 383-3029
Email: sue@mypracticalnutrition.com

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Phone: (319) 800-5564

EDISON EATING DISORDER & MENTAL HEALTH SERVICES

Melissa Arnold, RD, LD
Phone: (515) 650-6745
Email: melissa@edisonedmh.com

MARY POCIVASEK, RD, LDN

Phone: (309) 757-1264

DISCLAIMER

Amy's Gift is not a health care provider and does not provide medical advice or treatment. Although we offer information on resources for treatment and support, these resources are provided so that you may interview and select a suitable care team for your needs.

Local & National Organizations

AMY'S GIFT

www.amysgift.com
Phone: (563) 742-2455
Email: info@amysgift.com

EDCI

Eating Disorders Coalition of Iowa
www.edciowa.com
Email: edci@edciowa.org

THE ALLIANCE FOR EATING DISORDERS AWARENESS

www.allianceforeatingdisorders.com
Phone: (866) 662-1235
Email: referrals@allianceforeatingdisorders.com

ANAD

National Association for Anorexia Nervosa and Associated Disorders
www.anad.org
Helpline: (630) 577-1330
Business: (630) 577-1333

NEDA

National Eating Disorders Association
www.nationaleatingdisorders.org

PROJECT HEAL

www.theprojectheal.org
Email: contact@theprojectheal.org

F.E.A.S.T.

www.feast-ed.org
Email: info@feast-ed.org

EATING DISORDERS COALITION

www.eatingdisorderscoalition.org
Phone: (202) 543-9570