



**Behavioral Health
Department**
Alameda County Health

Eating Disorder Case Consultations



**Facilitated by
Helen Savin, LCSW,
ACBH Eating
Disorder Consultant**



Eating Disorder case consultations—monthly virtual groups and one-time or ongoing individual—are available if you are an Alameda County Behavioral Health Department clinician or contracted provider working with a client experiencing an eating disorder or eating problems.

**MONTHLY
VIRTUAL
GROUP
CONSULTATION**

2026 DATES/TIME:

2nd Wednesdays at 10am (with some exceptions)

Jan 14, Feb 11, Mar 11, Apr 8, May 13, June 10, July 8, Aug 12, Sept 9, Oct 14, **Nov 18**, and Dec 9.

4th Thursdays at 1pm (with some exceptions)

Jan 29, Feb 26, Mar 26, **April 30**, May 28, June 25, July 23, Aug 27, Sept 24, Oct 29, and **No Nov or Dec meeting.**

**INDIVIDUAL
CONSULTATION**

ONE-TIME or ONGOING: Individual phone consultations available.

To attend group consultations or schedule an individual consultation, contact Helen Savin at: cahealingperspectives@gmail.com.