

# amy's GIFT



QUAD CITIES EATING DISORDERS CONSORTIUM

## Local and National Resources for Eating Disorders

(also available on [www.amysgift.com](http://www.amysgift.com))

Amy's Gift is an eating disorders consortium that provides resources and support to health care professionals, educators and families alike on the subject of eating disorders. Our mission is to be guided by the Amy Helpenstell Foundation's message of help, hope and healing by promoting awareness, understanding, diagnosis and treatment for eating disorders in our community. For more information please visit us online at [www.amysgift.com](http://www.amysgift.com) or email us at [info@amysgift.com](mailto:info@amysgift.com).

### Contact:

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

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**E-mail:** [info@amysgift.com](mailto:info@amysgift.com)

## Counseling Resources

**Betsy Zmuda-Swanson, LCSW**

1800 3rd Avenue, Rock Island, IL

**Phone:** (309) 786-3006

**Email:** [betsyzmudaswanson@gmail.com](mailto:betsyzmudaswanson@gmail.com)

**Josie Bahen, LCPC, LMHC**

UnityPoint Health – Robert Young Center

4600 3rd Street, Moline, IL

**Phone:** (309) 779-2031

**Diane M Hudson, MEd, NCC, LMHC**

New Moon Wellness, LLC

**Phone:** 563-484-0266

**Email:** [newmoon.dmh@gmail.com](mailto:newmoon.dmh@gmail.com)

**Sharon C. Lash, PsyD**

Southpark Psychology

2100 52nd Avenue, Moline, IL

**Phone:** (309) 797-2900

**Tara Smith-Prybil, LCPC**

Southpark Psychology

2100 52nd Avenue, Moline, IL

**Phone:** (309) 797-2900

**Kim Tallon, LISW, CEDS**

Prairie Wellness – Telehealth available

3209 Ingersoll Ave. Suite 100, Des Moines, IA

**Phone:** (515) 619-6927

**Casey Fields, PsyD, CEDS**

Thriving Center of Psychology - Telehealth only

**Phone:** (305) 871-4420

**Email:** [dr.fields@ThrivingMindPsychology.com](mailto:dr.fields@ThrivingMindPsychology.com)

**Brandi Stalzer, LIMHP, LPCC**

Stalzer Counseling & Consulting – Telehealth only

**Phone:** 720-608-3555

**Email:** [stalzercounseling@outlook.com](mailto:stalzercounseling@outlook.com)

**Cindy Dobroski, LMHC, LCPC**

**Email:** [Dobroski5@juno.com](mailto:Dobroski5@juno.com)

## Nutritional Counseling Resources

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Mary Pocivasek, RD, LDN

**Phone:** (309) 757-1264

Holly Paulsen RD, LD, CEDRD – Telehealth only

Certified Eating Disorders Registered Dietitian

**Phone:** (319) 481-6254

**Email:** hollypaulsenrd@gmail.com

Michelle Russell, RD, LD, CEDS

Certified Eating Disorders Specialist

320 North 3rd Street, Suite 416, Burlington, IA 52601

**Phone:** (319) 208-9038

**Email:** michelle@michellerussellrd.com

Sue Clarahan, RD, LD

Clarahan Consulting

332 S. Linn St., Suite 27, Iowa City, IA 52240

**Phone:** (319) 383-3029

**Email:** sue@mypracticalnutrition.com

Carrie J. Leiran MS, RDN, LD, CEDRD

Certified Eating Disorders Registered Dietitian

The Nutrition Centres at UnityPoint Health - Des Moines

1660 60th Street. Room 1028, West Des Moines, IA

**Phone:** (515) 241-8686

**Email:** carrie.leiran@unitypoint.org

## Quad Cities Eating Disorders Support Group

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Trinity Enrichment Center

Held in-person at Trinity Enrichment Center

4622 Progress Drive

Davenport, IA 52807

Wednesdays from 6-7 p.m.

*Please call ahead to inform the facilitator of your attendance at (563) 742-5800.*

## Local and National Organizations

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Amy's Gift

www.amysgift.com

**Contact:** Stephanie Burrough, Project Coordinator

**Phone:** (309) 779-3077

**Email:** info@amysgift.com

Eating Disorders Coalition of Iowa

www.edciowa.com

**Email:** edci@edciowa.org

NEDA (National Eating Disorders Association)

www.nationaleatingdisorders.org

**Helpline:** 1(800) 931-2237

**Business:** (212) 575-6200

ANAD (National Association for Anorexia Nervosa and Associated Disorders)

www.anad.org

**Helpline:** (630) 577-1330

**Business:** (630) 577-1333

The Alliance For Eating Disorders Awareness

www.allianceforeatingdisorders.com

1649 Forum Place, Suite 2, West Palm Beach, FL 33401

info@allianceforeatingdisorders.com

**Office:** (561) 841-0900

**Toll-free:** (866) 662-1235

Eating Recovery Center

www.eatingrecoverycenter.com

**Free Assessment:** (866) 438-8618

ERC Virtual Support Groups

www.eatingrecoverycenter.com/support-groups

Acadia Health Care Treatment Placement Specialists®

**Regional Rep:** Alissa Gunderson

**Cell:** (763) 516-1016

Alissa.gunderson@acadiahealthcare.com

www.treatmentplacementspecialists.com

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