

Introducing Our New BIPOC Eating Disorder Support Group

Wednesdays | 6-7 p.m. PST

Join Us Virtually via Zoom

Register in Advance at: <https://discoverybh.zoom.us/meeting/register/tJcpceugpzsjHNJuaFZB6b1xATS9E4Zn3a59>

Our eating disorder community has asked for a dedicated support space for Black, Indigenous, and People of Color - and Center for Discovery has heard that request! Every Wednesday at 6 p.m. PST, we are pleased to offer a BIPOC-only, clinician led support group for adults experiencing an eating disorder. Group open to those 18/+.

Group Moderator



Nichomi Higgins, LMFT

Nichomi Higgins has been supporting individuals on their eating disorder recovery journey since 2012. With the exception of inpatient treatment, she has provided clinical services in all levels of care and understands the unique obstacles associated with recovery. Over the years, Nichomi has worked with a diverse population of people ages 10 - 65, including couples and families challenged by the devastating effects of living with an eating disorder. Within this world, Nichomi has also held program director and senior leadership positions. Nichomi has had the privilege of speaking on various topics, including the unique factors surrounding eating disorders within communities of color. Nichomi is an adjunct professor in the Graduate School of Education and Psychology at Pepperdine University and currently serves as the Marketing & Student Liaison chair for the Orange County - International Association of Eating Disorder Professionals.