

# 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:

#### Stephanie Burrough

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

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

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

## Counseling Resources

### Betsy Zmuda-Swanson, LCSW

1800 3rd Avenue, Rock Island, Illinois

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

### Chris McCormick-Pries, ARNP

Vera French Community Mental Health Center

1441 West Central Park Ave, Davenport, Iowa

**Phone:** (563) 383-1900

### Sharon C. Lash, Psy D

Southpark Psychology

2100 52nd Avenue, Moline, Illinois

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

### Tara Smith-Prybil, LCPC

Southpark Psychology

2100 52nd Avenue, Moline, IL

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

### Robin Peterson, Psy D, LP, LHSP

Psychology Health Group

2102 E 38th Street, Davenport, Iowa

**Phone:** (563) 359-4049

### Cindy Dobroski, LMHC, LCPC

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

### Kim Tallon, LISW, CEDS

Prairie Wellness

3209 Ingersoll Ave. Suite 100

Des Moines, IA 50312

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

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

### Casey Fields, Psy. D

Thriving Center of Psychology - *Telehealth only*

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

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

## Nutritional Counseling Resources

### Mary Pocivasek, RD, LDN

By appointment only  
**Phone:** (309) 757-1264

### Holly Paulsen RD, LD, CEDRD

Certified Eating Disorders Registered Dietitian  
All services provided via telehealth  
**Phone:** (319) 481-6254

### Carrie J. Leiran MS, RDN, LD, CEDRD

Certified Eating Disorders Registered Dietitian  
The Nutrition Centres at UnityPoint Health - Des Moines  
Methodist West Hospital  
1660 60th Street. Room 1028  
West Des Moines, IA 50266  
**Phone:** (515) 241-8686

### Michelle Kuster, RD, LD

Registered & Licensed Dietitian,  
Certified Intuitive Eating Counselor  
Owner, Food Freedom, LLC  
218 North 3rd Street, Suite 716, Burlington, IA 52601  
**Phone:** (319) 208-9038

## Quad Cities Eating Disorders Support Group

### Trinity Enrichment Center

Held in-person at Trinity Enrichment Center  
4622 Progress Drive  
Davenport, IA 52807  
Our support group meets the second and fourth  
Wednesdays of each month from 6-7 p.m.

*COVID-19 protocols in place for our in-person sessions include social distancing, wearing masks (all attendees) and temperature screenings upon arrival. If you have any symptoms or have been exposed to someone who has tested positive for COVID-19, please stay home.*

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

## Local and National Organizations

### Amy's Gift

[www.amysgift.com](http://www.amysgift.com)  
**Contact:** Stephanie Burrough, Project Coordinator  
**Phone:** (309) 779-3077  
**Email:** [info@amysgift.com](mailto:info@amysgift.com)

### Eating Disorders Coalition of Iowa

[www.edciowa.com](http://www.edciowa.com)  
**Email:** [edci@edciowa.org](mailto:edci@edciowa.org)

### NEDA (National Eating Disorders Association)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
**Helpline:** 1(800) 931-2237  
**Business:** (212) 575-6200

### ANAD (National Association for Anorexia Nervosa and Associated Disorders)

[www.anad.org](http://www.anad.org)  
**Helpline:** (630) 577-1330  
**Business:** (630) 577-1333

### The Alliance For Eating Disorders Awareness

[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)  
1649 Forum Place, Suite 2, West Palm Beach, FL 33401  
[info@allianceforeatingdisorders.com](mailto:info@allianceforeatingdisorders.com)  
**Office:** (561) 841-0900  
**Toll-free:** (866) 662-1235

### Eating Recovery Center

[www.eatingrecoverycenter.com](http://www.eatingrecoverycenter.com)  
**Free Assessment:** (866) 438-8618  
ERC Virtual Support Groups  
[www.eatingrecoverycenter.com/support-groups](http://www.eatingrecoverycenter.com/support-groups)

### Acadia Health Care Treatment Placement Specialists®

**Regional Rep:** Alissa Gunderson  
**Cell:** (763) 516-1016  
[Alissa.gunderson@acadiahealthcare.com](mailto:Alissa.gunderson@acadiahealthcare.com)  
[www.treatmentplacementspecialists.com](http://www.treatmentplacementspecialists.com)

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