

## **Balance Point Collaborative**

### Description:

Balance Point Collaborative (BPC) is a multi-disciplinary outpatient mental health recovery and education center specializing in the treatment of eating disorders, weight management, and co-occurring disorders such as substance abuse, anxiety, depression and trauma. BPC addresses the need for a more specialized level of care in Western North Carolina for those struggling with these issues. Balance Point offers an array of treatment programs including outpatient treatment, intensive outpatient Program, Balanced Body Weight Management Program, Yoga Therapy, Family Based Therapy, and our Alumni/P.L.E.D.G.E. Program.

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