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FACILITATED BY EITHER A
REGISTERED DIETITIAN OR
COUNSELOR WHO
SPECIALIZES IN THE
TREATMENT OF
DISORDERED EATING

**10AM-11AM
EVERY
SATURDAY
VIA ZOOM**

**A SUPPORT GROUP
FOR WOMEN AND
MEN (INCLUDING
TEENS)
STRUGGLING WITH
DISORDERED
EATING, AS WELL
AS FOR FAMILIES
AND FRIENDS
DESIRING TO BE
INVOLVED IN THE
RECOVERY PROCESS**

**THIS GROUP CREATES THE OPPORTUNITY
TO:
MEET OTHERS WHO SHARE SIMILAR
STRUGGLES
LEARN TO MAINTAIN HEALTHY COPING
SKILLS
PRACTICE IDENTIFYING AND EXPRESSING
EMOTIONS
RECEIVE REFERRAL INFORMATION FOR
TREATMENT
DEVELOP INTERPERSONAL SKILLS AND
ADDRESS RELATIONSHIP ISSUES
IDENTIFY ROLE OF HEALTHY BODY IMAGE
AND FOOD IN DEVELOPMENT**

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