

HEALING RELATIONSHIP WITH SELF, BODY & FOOD SKILLS & SUPPORT GROUPS



**SELF-
AWARENESS**



**SELF-
COMPASSION**



**SELF-
CARE**



HEALING YOUR RELATIONSHIP WITH FOOD & BODY

Understanding your relationship with food and your body is vital to healing your relationship with both. The use of tools such as bariatric surgery or GLP1s are just that – tools! And we know that there is no ‘magic’ answer to healing. We invite you to join our virtual group, geared towards adults who struggle with their relationships with food and their body, to learn about additional tools that take you inside your mind, body, and soul to aid in fostering a better relationship with food and your body.



**TUESDAYS 5:00-5:45 P.M
GROUP MEETS ON ZOOM**



\$300/MONTH (\$75/SESSION)

HEALING YOUR RELATIONSHIP WITH SELF

The goal of this group is to provide skills to help you embrace wellness by being a functional adult. Together, we will create your reparenting roadmap by discovering helpful daily routines that encourage living from your most functional adult self. Topics include self-worth, self-compassion, boundaries, knowing ourselves, taking care of needs and wants, and moderating ourselves. Your functional adult self already lives within you, join us to learn how to connect with and befriend this version of you.



**TUESDAYS 6:15 -7 P.M
GROUP MEETS ON ZOOM**



\$300/MONTH (\$75/SESSION)

ADDITIONAL DETAILS HOW TO ENROLL & FACILITATION



TO ENROLL IN 1 OR BOTH GROUPS:
**[HTTPS://FORMS.GLE/5MHTCXQ2Z
LBQWWJ47](https://forms.gle/5MHTCXQ2ZLBQWWJ47)**

FACILITATED BY MICHELLE MARKET,
LPC, CEDS & GRACE GOODMAN, M.A.
COUNSELING STUDENT



ADDITIONAL OFFERINGS INCLUDED WITH BOTH GROUPS



MONTHLY SELF-CARE INTENTION
WORKSHOP (**1ST MONDAY OF EVERY
MONTH @7:30PM VIA ZOOM**)



ACCESS TO HEALING FOR BINGE
EATING E-COURSE