

HEALING JOURNEY FOR BINGE EATING SKILLS & SUPPORT GROUP



VIRTUAL SKILLS GROUP

The goal of this group is to provide basic tools for recovery in healing from binge eating. This group helps individuals develop self-soothing techniques, healthy coping skills, and a basic understanding of what is driving one's relationship with food while emphasizing social support, identifying emotions, self-awareness, emotional regulation, grounding tools, relaxation techniques, stress management, and distress tolerance.



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



\$300 MONTHLY INVESTMENT (SKILLS)
\$500 MONTHLY INVESTMENT (SKILLS &
PROCESS/SUPPORT)

VIRTUAL PROCESS/SUPPORT GROUP

The goal of this group is to provide a safe and accepting space for group processing and support. During this time, group members will reflect on their experiences, share learnings with the group, and offer support to each other.



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



\$300 MONTHLY INVESTMENT
(PROCESS/SUPPORT)
\$500 MONTHLY INVESTMENT (SKILLS &
PROCESS/SUPPORT)

ADDITIONAL DETAILS
HOW TO ENROLL & FACILITATION

ADDITIONAL OFFERINGS
INCLUDED WITH BOTH GROUPS



TO ENROLL IN 1 OR BOTH GROUPS
PLEASE EMAIL MICHELLE:
MMARKETLPC@GMAIL.COM



MEAL SUPPORT
MONDAYS 5:45-6:15 P.M. ON ZOOM
(OPTIONAL)



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



ACCESS TO HEALING FOR BINGE
EATING E-COURSE