

Know Your Story:

An exploration of how history and culture impact problems of negative body image.

This group is for those who have suffered greatly from negative body image problems. The group will help you gain an understanding of how history and culture have impacted your relationship with food, self-esteem, & identity.

- **Increase your understanding of how ancestral components may be impacting your body image today.**
- **Find a pathway to begin cultivating a positive relationship with your body.**
- **Share your story without judgment.**
- **Deepen your understanding of why it's so hard to fight back.**

**10 WEEKLY
SESSIONS**

Cost: \$50/Session

**The Following
Insurances
Accepted:
MODA, Pacific
Source, BCBS,
Providence,
Optum, & UHC**

Groups are online through teletherapy.

**Suzanne Sanchez Counseling
(971)227-4266**

help@suzannesanchezcounseling.com

**[https://www.suzannesanchezcounseling.com/services/
know-your-story/](https://www.suzannesanchezcounseling.com/services/know-your-story/)**