



TUESDAYS 4-5PM

# Teen Talk: Eating Disorders

A PROCESS GROUP FOR TEENS  
WITH EATING DISORDERS

Do you know a teen who would benefit from support in their eating disorder recovery?

Teens today are faced with many pressures impacting their ability to feel successful: peers, social media, academics, family, relationships, etc.

This pressure is magnified with an eating disorder and contributes to additional problems like low self-esteem, negative body image, fear of judgment, relationship problems, loneliness and more.

GROUP MEMBERS WILL:

- RECEIVE SUPPORT FROM PEERS
- PROCESS STRESS, ANXIETY, AND SADNESS RELATING TO EATING DISORDER
- INCREASE SELF-ESTEEM AND CONFIDENCE
- LEARN COPING SKILLS

Groups are currently online.

Contact me  
to register:

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