

# *Eating Disorder Nutrition Counseling*

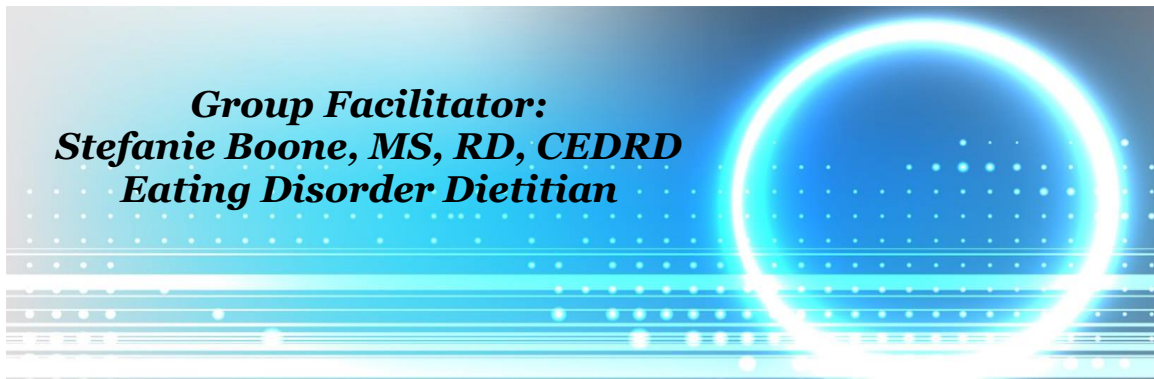
*ONLINE via Videoconference*

*Individual and Group Sessions Offered*

*Groups are starting all the time!*

*NEXT GROUP FORMING:*

**USING MINDFULNESS SKILLS FOR ED RECOVERY**



*Please join us for the next cycle of this unique group experience, where you will receive education, support, and guidance to help you on your journey to having a healthy relationship with food and your body.*

**Group Info:** This group is for adults with food, exercise, and body image issues. It is designed for men and women in ANY phase of their recovery process. There is a 7 person maximum. We pre-screen all participants for appropriateness and goodness of fit. The format of the group is psychoeducation and discussion. **GROUP FEE: \$50/WEEK**

**ONLINE Group meets WEEKLY FOR ONE HOUR A WEEK**

**First Group Starts Friday, January 27th, 2017 10 - 11 Am PST**

**Group Dates: 1/27, 2/3, 2/10, 2/17**

Call 310-892-6852 or go to [www.eatingdisordercircle.com](http://www.eatingdisordercircle.com) to schedule an initial phone consult or reserve your slot!