

THE FOG OF EATING DISORDERS

COUNSELINGWORKS
ADOLESCENT · ADULT · COUPLES

A support group for people living with eating disorders.

GROUP FOCUS:

- To provide a safe and nurturing space to explore the symptoms and causes of a variety of eating disorders
- Practice ways in which how to cope effectively utilizing techniques from DBT and ACT therapies
- Acceptance of our pasts
- Mindfulness, control strategies, and tolerating distress
- Self-compassion and shame
- Living a meaningful life through gratitude

GROUP DETAILS:

FOR : young adult women both in college and in the workforce who are actively struggling with symptoms related to Anorexia Nervosa or Bulimia Nervosa

DAYS & TIMES : Monday 5:30 - 7:00 PM

GROUP SIZE : 4-8

LOCATION : 1979 N. Mill Street, Suite 202, Naperville, IL 60540

COST : \$300.00 for 6 weeks (due at time of registration)

ABOUT YOUR FACILITATOR:

Kaitlyn Anderson, LPC is a therapist at Counseling Works with a special interest in Eating Disorders, Dual Diagnosis, and Grief.

TO REGISTER:

please contact Joanne at intake@counselingworks.co or call 630.281.2496
Payment is due upon registration.