

# White Picket Fence COUNSELING CENTER, LLC

## OVEREATING

# recovery

## GROUP

**Wednesday evenings**

beginning Feb. 21st, 2018

6:00-7:30 PM

**at White Picket Fence  
Counseling Center**

*New group sessions start every 6 weeks.*

A therapeutic process group designed to support the participant in their recovery and healing from Binge Eating Disorder, Compulsive Overeating, Emotional Eating, Body Image and Weight Issues.

### **You will learn tools and skills:**

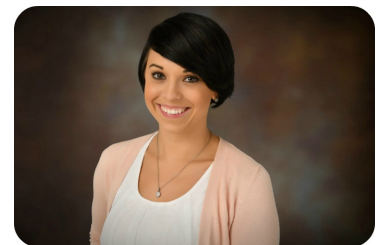
- Coping with Change
- Mindfulness
- Empowerment
- Effective Self-Reflection
- Self-Activation and Motivation

**Facilitated by:**



Shawn Johnson, MS, Licensed Mental Health Counselor, Primary Therapist, Group Therapy Program Specialist

**Co-Facilitator:**



Jessica Fortunato, MA  
Registered Marriage and Family Therapy Intern

## **Sign up today:**

Call 407-622-0202 or email [shawn@wpfcounseling.com](mailto:shawn@wpfcounseling.com)

\$240 for 6 weekly sessions. Requirements include working with an individual therapist. Must be 18 years or older, and an intake session is required for new participants (\$65).