

White Picket Fence COUNSELING CENTER, LLC

OVEREATING

recovery

GROUP

Wednesday evenings

beginning April 11, 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:

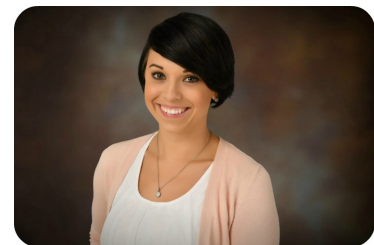
- Coping with Change
- Mindfulness
- Empowerment
- Effective Self-Reflection
- Self-Activation and Motivation

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

\$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).