

# Overeating Recovery Group

Binge Eating, Compulsive  
and Emotional Eating, Food  
Addiction, Obesity



Tuesdays from 7:00 pm to 8:45 pm  
Begins September 9th

Facilitator:: Sandee S. Nebel, LMHC,  
Certified Eating Disorder  
Specialist, and  
Shawn Johnson, Registered  
Mental Health Counselor  
Intern

Cost: \$180 (for all four group  
sessions) or \$50/weekly

To register: 407-622-0202 or  
[info@wpfcounseling.com](mailto:info@wpfcounseling.com)

Located at: White Picket Fence  
Counseling Center, LLC  
1345 Clay Street,  
Winter Park 32789

This is a therapeutic process group, designed  
to support your individual counseling and/or  
other food recovery program.

We ask members to meet with Sandee or  
Shawn for an intake session (\$50) prior to  
group starting.

In this group you will learn:

- Self-awareness
- How to change all-or-nothing thinking
- Self-compassion
- To identify triggers
- Coping tools

Is this group right for you?

If you have a question about this group being a good fit for  
you, please contact Sandee [sandee.nebel@wpfcounseling.com](mailto:sandee.nebel@wpfcounseling.com)



White Picket Fence  
COUNSELING CENTER, LLC