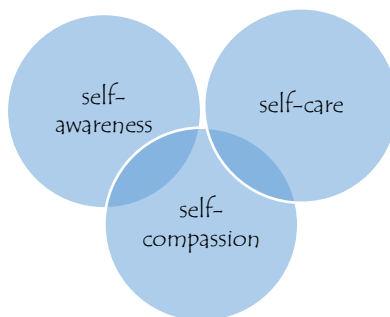


# Healing Journey for Binge Eating/Emotional Eating Recovery Support Groups

Tuesdays 12:00-1:15 p.m.

Wednesdays 7:00-8:15 p.m.



The goal of this recovery skills group is to provide basic tools for recovery in healing from binge eating and emotional eating. This group helps individuals develop self-soothing techniques, with an emphasis on emotional regulation and Self-care skills, and a basic understanding of what is driving one's relationship with food. This group emphasizes social support, identifying emotions, self-awareness, inviting self-compassion, grounding tools, relaxation techniques, stress management, and distress tolerance. Each participant will be given space to share their obstacles and challenges with their relationship with food as well as their successes. This is an on-going support group. A group interview is required prior to starting this group. Members will be given [The Healing Journey for Binge Eating Workbook](#).

Groups are paid monthly

Daytime group \$240/month (\$60/session - \$300 when 5 Tuesdays)

Evening Group \$280/month (\$70/session \$350 when 5 Wednesdays)

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