



Collaborative Therapy Network

## DISORDERED EATING AND BODY IMAGE GROUPS

### WHO IT'S FOR:

We're excited to introduce two distinct support groups (Teens and Adults) to cater to different age groups and their specific needs. Our Disordered Eating and Body Image Group is designed for those who may be struggling with self-esteem, body image concerns, or disordered eating habits.



### Topics

- ✓ Understanding Disordered Eating and Body Image
- ✓ Positive Self-Image and Self-Esteem
- ✓ Challenging Negative Thoughts

### Information:

- \*10 Sessions (1 per week)
- \*Sessions are 60 Minutes

***Our goal is not only to provide short-term support but to equip clients with lifelong skills that will serve them well beyond their time in the group. We empower them to challenge societal pressures, embrace self-compassion, and navigate challenges with resilience***

### Contact Us for more information:

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