

Teen Food and Body Group

Educational and experiential nutrition counseling group for teens struggling with eating disorders, disordered eating, and body image concerns.

Topics and experientials will include, but not limited to:

- Exercises to help build awareness and trust in one's hunger/fullness cues
- Food experientials to explore food preferences, learn simple cooking methods, and learn about practical nutrition
- Body image projects related to fashion and appearance
- Education about weight and body size
- Grocery shopping tour

Member qualifications:

- All members must have a non-parent reference that Julie can speak with before starting the group. This could be a dietitian, therapist, counselor, coach, or teacher. Julie will talk with this reference in order to ensure appropriateness for group.
- All members must be willing to allow Julie to talk with any present treatment providers (ie, therapist, dietitian, doctor, etc) and/or involved family members for standard consultation.
- All members must be 13-19 years of age.

Facilitation: Lead by Julie Church, Registered Dietitian; Julie has worked passionately with individuals with eating disorders and body image concerns for nearly 10 years. She has facilitated several different groups in the community and offers compassion, strength, and creativity. See www.juliechurchnutrition.com to learn more about her practice.

Location: University District Building, 1107 NE 45th Street, Ste 410, Seattle, 98105

Time: Either 4pm Tuesday or 4pm Wednesday.

Meeting time will be set based on when most teens are available.

Will meet once per week.

Dates: Nine Sessions. Starting week of January 20 through week of March 23.
(No group week of February 16)

Cost: \$500 (full payment required by January 20th)

Interested? Need more information?

Call or email Julie.

206-854-8959 juliechurchrd@yahoo.com