

Sept/Oct/Nov Groups

White Picket Fence Counseling Center, LLC

1345 Clay Street in Winter Park – Call to Register - (407)622-0202 – www.wpcfocounseling.com

Group	Start Date	Time	Fee	Facilitators	Description
Eating Disorder Recovery Group	Tuesday, October 12	5-6:30pm	\$120 for 4 weeks (student rates available)	Sandee Nebel, LMHC & Alice Baker, Registered and Licensed Dietician and Nutrition Therapist	A process group. For individuals working on recovery from anorexia and bulimia. Focuses on nutrition, relationships, body image, moods, and transitions. Includes processing of current issues.
Emotional Overeating Recovery Group	Thursday, October 14 (next session now registering)	7-8:30pm	\$180 for 6 weeks	Sandee Nebel, Licensed Mental Health Counselor & Ali DeMaria, Registered Mental Health Counselor Intern	Focuses on adaptive functions of emotional eating, self-monitoring, self-awareness, coping with emotions, relationship issues and letting go of shame.
Food Addiction Recovery Group	Every other Tuesday (waiting list)	7-8:30pm	\$85. Per month	Sandee Nebel, Licensed Mental Health Counselor	For individuals working on issues related to binge and overeating, being overweight, and recognize food problems as an addiction. This ongoing group offers an opportunity to explore in a therapeutic group setting.
Mindful Eating Workshop	Tuesday, November 2	7:00-8:15pm	\$18.	Sandee Nebel, LMHC	Learn to eat attentively and purposefully and minimize overeating and overindulging.
Moving Through Recovery (from Anorexia & Bulimia)	Wednesday, Sept 29	5-6:30pm	\$35 meets monthly for 1.5 hours	Liz Strong, Registered Mental Health Counselor Intern & Meghan Moran, Registered Dietician at Nutritional Guidance	In the action or maintenance stage of the recovery process? Focuses on maintaining recovery focus, sharing individual strength and experiences, and adjusting to the “new you” and how to handle triggers. Relapse prevention focus.
Relapse Prevention Group for Overeaters	Tuesday, October 19 (waiting list)	7-9pm	\$40 for monthly 2 hour session	Sandee Nebel, Licensed Mental Health Counselor	Group for overeaters and food addicts working on maintaining or near their healthy weight goal. Supporting adjusting to “living life” without using or abusing food. Prior individual/group experience is required
Book Discussion Group: <i>Life Without ED</i> By Jenni Schafer	Wednesday, September 29 Now registering	7-9pm	\$40 for 2 hour session	Liz Strong, Registered Mental Health Counselor Intern and Tara Harvill, Registered Mental Health Counselor Intern	Uses reading of thought-provoking, nonfiction books to help foster change from the inside out. Each month will be a new book, which will then be discussed, and will relate to issues worked on in prior counseling practice
Family and Friends Support Workshop	Next workshop date tba	7-9pm	\$50 per person	Sandee Nebel, Licensed Mental Health Counselor, Alice Baker, Licensed and Registered Dietician	Focuses on helping your loved one while not losing yourself, the reality of the eating disorder, and how to communicate in a helpful way.
Stories from the Living Room	Next date TBA	7-9pm	Bring canned goods to attend!	Therapists and 2 Guest Speakers	Gain insight from people sharing their recovery stories in a relaxed comforting setting. Listen to their struggles and what helped them to achieve success.

*An intake is required for any new participants (\$40 fee); excluding workshops