

# **Overeating Recovery Group**

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

## **Six-Week Session**

Thursdays from 7:00 pm to 8:30 pm  
Begins October 14, 2010

### Topics of group discussion:

- ◆ Self-monitoring and self-awareness
- ◆ Defeating all-or-nothing thinking
- ◆ Identifying and minimizing self-destructive behaviors
- ◆ Body image issues
- ◆ Coping with life without abusing food
- ◆ Relationship issues with friends, family, at school, work, etc.
- ◆ Self-acceptance and self-esteem
- ◆ Achieving personal balance and limiting chaos
- ◆ Letting go of shame and embracing assets
- ◆ Tools for coping
- ◆ Triggers



Facilitators: Sandee Nebel, MS, Licensed Mental Health Counselor and  
Ali DeMaria, MA, Registered Mental Health Counselor Intern

Cost: \$180.00 for series (six 1.5-hour group sessions)

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

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

An intake is required for any new participants (\$40. Fee)