

Anorexia and Bulimia Support Group includes Coaching and Email Support

Description:

Support group programs and workshops are offered for individuals with an eating disorder as well as for family and friends. The six-week support group program for individuals with an eating disorder includes weekly meetings, weekly buddy conversations, weekly coaching conversations and continuous e-mail support. The mission of the group is to empower people with an eating disorder to live a life they love. The purpose of the group is to have the participants create what is possible without an eating disorder and to empower actions in line with their newly discovered commitments. Participants in the group will get the experience of being in charge "you get to say". Meetings focus on the disempowering conversations we have as human beings, on communication skills, and ways of being. Guest speakers (nutrition) and a friends and family meeting are part of the program.

Country: USA

City: Manhattan

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