

## **Beyond Hunger**

### Description:

Beyond Hunger is a non-profit organization that has been providing workshops, support groups and prevention programs for adults and teens struggling with eating disorders and body hatred since 1988. Beyond Hunger's programs combine body acceptance, intuitive eating and emotional coping in a psycho-educational support group format with licensed therapists. Beyond Hunger was founded by Carol Normandi, MFT and Laurelee Roark, CCHT co-authors of "It's Not About Food" and "Over It." Beyond Hunger trains high school peer educators to provide prevention and education in Marin's middle and high schools. Beyond Hunger also offers resources and referrals for eating disorder treatment professionals.

Country: USA

City: San Rafael

Zip: 94901

Website: <http://www.beyondhunger.org>