

## **Begin from Within**

### Description:

All groups and workshops are lead by licensed mental health professionals. Begin from Within is a non-profit program of Jewish Family and Children's Services (of San Francisco, the Peninsula, Marin and Sonoma counties), offering 4 week workshops and on-going groups for people who are suffering from Eating Disorders and the difficulties of food, weight and body image problems. These services in San Francisco, Marin and Palo Alto. We are open to offering our services in new locations to meet the needs of the community.

Address Line 1: 1600 Scott Street

Country: USA

State: California

City: San Francisco

Zip: 94115

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