

YMCA

Description:

A group setting focussing on mindfulness, meditation, and acknowledging and identifying triggers and emotions related to eating disorders. A group in which participants must have a strong desire to actively recover and work on eating disorder. I must speak with participants before attending group. Group starts October 10th from 630- 800pm. Group only has room for only 12!!!!

Country: USA

City: Grand Rapids

Zip: 49504

Website: <http://>