

Women's Disordered Eating Group

Facilitator: Ilissa Banhazi, MFT

This is a wonderful opportunity to join other women who struggle with some form of eating disorder. Talking about your eating disorder in a safe and caring atmosphere is the first step toward recovery.



- *Isolation vs. Reaching Out*
- *Thoughts vs. Feelings*
- *Stuffing vs. Acknowledging Feelings*
- *Criticism vs. Praise*
- *Aggressive vs. Assertive Communication*
- *Black & White vs. Rainbow Thinking*
- *Emotional vs. Physical Hunger*

\$45 / Session- PPO Insurance Reimbursement

Wednesday Night
8 pm to 9:30 pm - Glendora, CA

*Group is limited to a max. of 8 women.
Please call soon to reserve your spot!*

(626) 335-0903

