

# Eating Disorders & Body Image Group

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**Facilitator: Ilissa Banhazl, 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*

**\$35/ Session- PPO Insurance Reimbursement**

**One Weeknight  
Per Week for 6 Weeks**

*Group is limited to a max. of 6 women.  
Please call soon to reserve your spot!*

**(626) 335-0903**

