

**Wednesdays 5:15–
6:15pm**

TVP Behavioral Health Groups

Intuitive Eating & More Than A Body

This group will focus on preventative tools and skills to help individuals with disordered eating and body image concerns from two evidence and research backed approaches. The curriculum will be based on the books: *Intuitive Eating* by Evelyn Tribole and Ellyse Resch and *More than a Body* by Lindsay and Lexie Kite. This group is open to all ages 12 and up including their adult family members. Groups will be talk based with some art/music therapy and activities intermixed.

**Ages 12 & up including
adult family members**

- Jan 11th – Intro to Intuitive Eating**
- Jan 18th – Intro into More Than A Body**
- Feb 1st – Reject Diet Mentality/ Body Image Resilience**
- Feb 8th – Honor Your Hunger/ Body Image Resilience**
- Feb 15th – Make Peace With Food/ Uniting with Peers**
- March 1st – Challenging the Food Police/ Critiquing Your Media**
- March 22nd – Discover the Satisfaction Factor/ Uniting with Peers**
- March 29th – Feel Your Fullness/ Self Actualization**
- April 5th – Cope w/ Your Emotions w/ Kindness/ Self Actualization**
- April 12th – Respect Your Body/ Critiquing Your Media Environment**
- April 19th – Joyful Movement/ Reclaiming Health & Fitness**
- April 26th – Gentle Nutrition/ Reclaiming Health & Fitness**
- May 3rd – How to Invite Others to Join Your Efforts**
- May 10th – General Q & A**
- May 17th – Is it Disordered Eating or Eating Disorder?**
- May 24th – Body Appreciation Dance Party**

Good for kids who:

- Struggle w/ body image**
- Have considered dieting**

Register at www.Tanqueverdepeds.com