W&M COUNSELING CENTER:

SPRING 2021

EATING CONCERNS GROUP

TUESDAYS 3-4:30PM

Discuss struggles with body image and/or eating concerns
Learn to recognize contributing beliefs and feelings
Explore how to challenge the negative messages about bodies
Learn about yourself and others
Give and receive support and feedback
Share openly and without judgment about emotions
Try new ways of relating in a safe environment

Call (757) 221-3620 to schedule a triage and request group
Or email Annie Bays at abays@wm.edu