



SIDE BY SIDE NUTRITION

# TEEN EATING DISORDER RECOVERY SUPPORT GROUP

## Start date & End date:

- April 4th - May 23rd, 2022
- Mondays at 5 PM MST

## Maximum Capacity:

- 6 to 8 people

## How will we meet:

- Virtual via Zoom

## Who is this group for?

- Teens (13 to 18 years old)

## Interested in joining us?

Call us at (708) 717-7394  
or send us an email at  
[contact@sidebysidenutrition.com](mailto:contact@sidebysidenutrition.com).

Looking forward to meeting you!

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[WWW.SIDEBYSIDENUTRITION.COM](http://WWW.SIDEBYSIDENUTRITION.COM)



# What to expect:

Participants can expect to gain an understanding of various recovery-related topics and identify the connection between this and their recovery process. The overall outcomes throughout the weeks are that individuals gain awareness around their experiences and ED behaviors, discuss struggles and receive support from peers, work together in an interactive way with peers to explore and gain insight into multiple topics and begin to challenge beliefs towards food so they can begin to develop a healthier relationship with food.

## Disclaimer:

This group is intended to be a support group where others can come together wherever they are in their journey and have a provided space to connect with others, share, and receive support. This group is not intended to be a replacement for individualized nutrition support or therapy but should serve as a supplement to individualized care. This group can serve as a part of the healing and recovery process but is recommended that this be continued once the group has concluded.

Call us at (708) 717-7394 or send us an email at [contact@sidebysidenutrition.com](mailto:contact@sidebysidenutrition.com). Register now!

**SIGN UP NOW**