

BEYOND THE PLATE

Navigating Teens' Eating Disorders Together

Supporting a child/teenager with an eating disorder can feel overwhelming, but you don't have to do it alone.

Join our 6-week group for caregivers and guardians to gain practical tools, emotional support, and expert guidance on this challenging journey.

Requirements

- A 15-minute consultation call to ensure the program meets your needs.
- Commitment to attend all 6 sessions for maximum benefit.

Date: Wednesdays, starting November 6, 2024

Time: 9:30 to 11:00 AM

Location: Virtual

Cost: \$700.00


Only Limited
Seats Available!


Book Now!

To register:

Please contact Nancy Al Kayal, M.A., C.
Psy. Assoc. (Supervised Practice)

 nalkayal@jfsottawa.com

 613 722 2225 ext. 433

 <https://thecounsellinggroup.com/workshops/>

Insurance: Available for Registered Psychotherapists and Psychologists

