

RECOVERY SKILLS GROUP

(Eating Disorders)

Led by Lois Zsarnay, MS, LMFT, RD

Licensed Marriage & Family Therapist

Registered Dietitian

(805) 650-0507

What: This group is for people who are at the intermediate stage of recovery from their eating disorder (i.e. working on recovery but still having some struggles) and want to work on strengthening the skills that are working for them in a positive/encouraging environment. It is an on-going open support group.

Why: People who are struggling to stay on the path to recovery often need more encouragement and support to maintain the new skills & techniques to prevent relapse. **This group's focus is on what IS working and how to incorporate more of that into daily living.**

Where: 4882 McGrath St., Suite 290, Ventura, CA 93003

When: Thursdays 6:00 – 7:00 p.m.

Cost: \$25/week or \$80/month (sliding scale available based on need)

Space is limited.

Reservations are required.

Contact Lois Zsarnay, MS, LMFT, RD

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www.nutritionmentor.com