

# Healthy Bodies, Healthy Minds

## *Educational Group for Children*



This is an 8 week group for children ages 9 to 12 that explores the relationship between how we are feeling and what we eat.

**This group helps children to:**

- **Learn how to identify the feelings that promote poor eating habits**
- **Choose healthier coping skills to deal with these emotions**
- **Develop stress management skills**
- **Explore different food options**
- **Learn about portion control**
- **Understand weight-management and nutrition**
- **Develop personal weight-loss strategies**

Through fun activities in a supportive environment, your child can learn to improve food choices, promote a healthy body image and continue to build their self-esteem and love who they are.



**Healthy Bodies, Healthy Minds** is led by **Dena Otrin**, Licensed Professional Counselor and **Amy King**, Registered Dietitian.

The group will be held on Monday evenings from 5:30 to 6:30pm for 8 weeks at Bayside Counseling in Westbrook, CT. Start date is based upon interest.

Space is limited! See our website at [www.baysidecounseling.net](http://www.baysidecounseling.net) for the registration form and updates.

Most insurance accepted. Self pay is \$40.00 per session.

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