

Healthy Bodies, Healthy Minds



Educational Group for Teens

This is an 8 week group for teens ages 13 to 17 that explores the relationship between how we are feeling and what we eat.

This group helps teens 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 activities and in an encouraging and supportive environment, your teen 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 7:00pm to 8:00pm beginning in the spring 2010 at Bayside Counseling in Westbrook, CT. We are currently accepting teens for this group! See our website at www.baysidecounseling.net for updates or call 860-399-9500.

Most insurance accepted. Self pay is \$30.00 per session.

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