

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 6:30 pm beginning in Spring 2010 at Bayside Counseling in Westbrook, CT. Space is limited! See our website at www.baysidecounseling.net for updates.

Please contact Dena Otrin at 860-399-9500 for participation in the group.

Most private insurances accepted. Self pay is \$30.00 per session.

This group was graciously funded by the Leipold Foundation and supported by the Valley Shore Collaborative.