

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 to 8pm at Bayside Counseling in Westbrook, CT. Start date will be determined based on interest.

We are currently accepting teens for this group! See our website at www.baysidecounseling.net for the registration form.

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

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