

Fall 2017 Eating Disorder/Body Image Groups

Session 1: Adult (18+) Group

Date:	Time:	What:
September 5	7-8:30 pm	Clients
September 12	7-8:30 pm	Clients Challenge outing
September 17	4:30-6 pm	Clients +support person/s
September 26	7-8:30 pm	Clients
October 3	7-8:30 pm	Clients
October 8	4:30-6 pm	Clients+/support person/s
October 17	7-8:30 pm	Clients Challenge outing
October 24	7-8:30 pm	Clients

Cost:

-Session 1: \$250
+ any cost associated with agreed upon challenge outing

-Session 2: \$300

Session 2: Tween & Teen Group

Do I have to be a current individual client of Michelle's to participate?

-NO- current or former clients are welcome; OR if group is recommended by an individual therapist whom Michelle knows and consents.

What if I can't attend each meeting in my session?

-Minimal absences are understandable. Members will however, commit to the complete session and agree to pay for all sessions regardless of attendance.

Inclement weather? *Group sessions will be rescheduled to an alternate date*

What is a challenge outing? *The first night of group, members will discuss and choose two experiences which are difficult (specific type of restaurant/dancing/swimming/shopping...) Then together we'll face the challenge.*

Who can attend as my support person/s? *1-2 people who offer you the most support in your recovery. Partner/roommates/friends/relatives...*

Who can attend family sessions? *Parents/Guardians & siblings age 8 and older*

Register— Michelle [515-231-3918/mroling1412@gmail.com](mailto:mroling1412@gmail.com) must have 5 clients confirmed for the session to occur--- group location: 1412 HyVue Street, Adel, IA 50003

Date:	Time:	Who:
October 31	7-8:30 pm	Clients
November 7	7-8:30 pm	Clients
November 12	4:30-6 pm	Clients &family
November 21	7-8:30 pm	Clients
November 26	4:30-6 pm	Parent/s only
November 28	7-8:30 pm	Clients
December 5	7-8:30 pm	Clients
December 10	4:30-6 pm	Clients &family
December 17	4:30-6 pm	Parent/s only
December 19	7-8:30 pm	Clients