

CareHere!®

Group Counseling

For individuals who struggle with their relationship to food

**If you would like to learn other ways to heal and cope
other than using food, please join us!**

Mondays 5:00p—6:30p

@ the Town of Smyrna CareHere clinic

February 1st—March 22nd

This 8-week support group will offer:

- A connection with others who struggle with similar issues
 - A safe environment to express thoughts and feelings
 - Feedback and guidance from a master's level therapist
 - A chance to learn new coping skills
- Ways to apply techniques used in group therapy to everyday life
 - Guided imagery and journal

Other important information:

- Participants will need to be able to commit to all 8 weeks of group.
- Participation will be on a first come, first served basis.
- All participants will be screened for group readiness.
If social worker does not feel that the group is appropriate at this time, other options for counseling will be made available.

Questions?

**Contact: CareHere Health Coach/Social Worker, Elizabeth Nunley
by email at enunley@carehere.com or
call 615-866-6395. Fax: 615-866-5094**

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done.