



Cultivate
counseling and wellness

ADOLESCENT ED SUPPORT

ABOUT

A therapist and dietitian facilitated weekly process group designed to support teenagers working toward eating disorder recovery.



TOPICS COVERED

Topics will include diet-culture, weight stigma, nutrition, fat phobia, body image, FBT stress,, and more.



WHO IS THIS FOR

Teens 12-18 of all genders, all experiences of eating disorder behaviors. ED diagnosis is necessary for participation.



LOCATION

Cultivate Counseling and Wellness in Northeast Minneapolis.

GROUP RUNS WEDNESDAYS, 3:30PM-5:00PM

- Group will continue weekly, Wednesdays from 3:30-5:00pm
- Group is capped at 10 members
- Participants are asked to have a snack during group.
- Insurance based group - please check your coverage with your insurance provider
- Contact Cultivate Counseling and Wellness via email or phone to enroll