

Disordered Eating Groups

AT WHITMAN-WALKER HEALTH



WHITMAN-WALKER HEALTH

we see you.

This was produced under grant 26-WWWC-01, awarded by the Office of Victim Services and Justice Grants, Executive Office of the Mayor, District of Columbia. The opinions, findings, and conclusions or recommendations expressed in this are those of the contributors and do not necessarily represent the official position or policies of the Executive Office of the Mayor.

Disordered Eating Groups

AT WHITMAN-WALKER HEALTH

Join our affirming and nonjudgmental disordered eating group therapy. In a safe, inclusive space, you'll find support from peers who understand your unique experiences. Together, we explore healing relationships with food and body image without judgment or shame, fostering self-compassion and resilience. Everyone is welcome, wherever you are in your journey.

Eat & Engage

Eat and Engage is an opportunity to use your lunch hour and improve one's relationship with food and eating. We will work on concrete strategies to find greater peace with eating and to learn to trust your body with an introduction to Intuitive Eating. This group is ideal for people who have struggled with an eating disorder or disordered eating and want a supportive environment to eat in with others to re-discover the fun in eating. Please note this is not a weight loss or dieting support group, but rather a time to learn new ways of thinking about food and your health.

Freedom from Eating Disorders

Freedom from Eating Disorders is designed to be a safe space to talk about one's relationship with food, their body, and recovery. This is a process group for frank discussions about disordered eating/eating disorders/negative body image and following one's path to wellness. Group participants can expect non-judgmental support and compassion from a trained clinician.

Please note this is not a weight loss or dieting support group, but rather a space to develop healthy ways to understand and cope with eating disorders and eating disorder behaviors (such as restriction, over exercise, binge eating, purging, etc.).

Reach out to Jen Bindeman, LICSW
for more info: CALL 202-939-7666 or email
JBindeman@whitman-walker.org

**Or schedule a Behavioral Health
Consult through MyChart**

