

\$25/session
\$175/for all 8
weeks

8-Week TEEN RECOVERY

Outpatient Group

Our outpatient group is supportive for ages 10-18! This group will be held virtually on Wednesday's from 12-1 PM EST and will run for 8 weeks. Each week we will begin to explore several of the Intuitive Eating principles in conjunction with a meal support on alternating weeks.

Will this group supplement outpatient care ?

No, This group is a *compliment* to existing outpatient care.

Do I need a treatment team to participate in this group?

It is highly recommended to have a full treatment team, including a Dietitian and Therapist when working towards your recovery. However, it is not a requirement of participation.

How will this group be conducted?

At this time Enlighten is offering this group virtually via a HIPAA compliant link that will be provided after sign-up.

How to sign up for this group?

Please contact our practice via email or phone provided below. You will be given access to a HIPAA compliant platform in which you will be able to complete all necessary forms and direct access to the virtual group.

What if I can't make all the groups?

In the event that you cannot attend a group, you have the option of receiving a recording of the event after sign-up. You are also not required to participate in all sessions, however, highly recommended.

Will this group be covered by insurance?

At this time, Enlighten will not be able to bill insurance for this service. We strive on providing affordable care, if at any point you feel that this is not possible for you please contact our office and will work with you the best we can!

Wednesday 12-1PM EST.

- **Week 1, June 14:** Challenge the Food Police + Meal Support
- **Week 2, June 21:** Hunger and Fullness.
- **Week 3, June 28:** Joyful Movement + Meal Support
- **Week 4, July 12:** What are Coping Skills?
- **Week 5, July 19:** Gentle Nutrition + Meal Support
- **Week 6, July 26 :** Nutrition in the Media
- **Week 7, August 02:** How to find long lasting recovery? + Meal Support
- **Week 8, August 09:** Cope with your Emotions with Kindness

Enlighten Nutrition, Counseling and Care

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