



**EMPOWERING YOU LLC**

# **TO RECOVERY & BEYOND!**

Virtual eating disorder support  
group for women

**THURSDAYS 4-5:15PM VIA ZOOM  
\$80 PER GROUP  
(WITH MONTHLY COMMITMENT)**

**FACILITATED BY KATE STEPHENS,  
LCPC**

This group is open to all women who are either in recovery from an eating disorder or are looking to heal their relationship with food and body image. This process group allows members to work through barriers to recovery, the connection between disordered behaviors and emotional avoidance, and how body image influences self-talk and identity.

**TO SIGN UP, EMAIL  
INFO@EMPOWERINGYOU.LLC.COM!**