



Life Without an Eating Disorder

with Flora Svinorenko, BSW, MSW, RSW

For 6 Tuesdays, starting May 1st, 5:00-6:00 p.m.

Eating Disorders of York Region central office

15213 Yonge St., Ste. 15, Aurora, L4G 1L8

(just South of Wellington St., in the old post office building)

The group is based on the Cognitive Behavioural Therapy techniques, specifically developed for eating disorders (CBT-E). During this group participants will learn about various factors that contributed to the development of disordered eating and later serve as maintaining mechanisms. We will construct a model of your eating disorder, identifying and targeting the processes that are maintaining the disordered eating. We will discuss how perfectionism, self-esteem and interpersonal problems connected with your eating habits. You will learn how to challenge and change unhelpful thoughts and behaviours.

Fee: \$60.00

To register and make payment by credit card please call (905) 886-6632