



## **STRONG BODY- STRONG MIND**

**Let's Break-Up with Ed!**

**Make Peace with Food  
Make Peace with Your Body  
Empower Your Healthy Self**

An eating disorder support and process group for teen girls, facilitated by Rachel Cord, MFT Intern 89397, under the supervision of Tracy Bevington, MFT 53455.

- ❖ \$55/session, starts July 6<sup>th</sup>
- ❖ Includes Warm Beverages and Good People
- ❖ Complimentary Book "Life without Ed" by Jenni Schaefer



**PACIFIC MFT  
NETWORK**

To learn more about this group and facilitator, please visit our website  
[www.pacificmft.com](http://www.pacificmft.com)

**Starts July  
2016!**

**Come enjoy some tea, share, listen, and create - with other teens who *get it*.**

A safe space to talk about your conflicts, your fears, your pain... & to take back your life from your eating disorder.

**Wednesdays  
5:30pm to 7pm**

**Call, text, or email  
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**SHE WAS BRAVE  
AND STRONG  
AND BROKEN  
ALL AT ONCE.  
- ANNA FUNDER -**