This group is for students who are struggling with disordered eating and/or an eating disorder.

This group provides a safe place for students to support each other in exploring and learning about food, body image, distorted thinking, and mindfulness.

The group meets once per week for 1hr and 30 minutes. Both undergraduate and graduate students are welcome.

**Concurrent individual therapy is required.**

**Day: Thursdays**

**Time: 4:00pm-5:30pm**

*For more information and to schedule a pre-group meeting contact:*

Maayan Greene, LCSW
Toby Morris, RD
Phone: 510-642-6074