



Clarity Clinic

Compulsive Overeating Recovery Group

This small group will help to support those who are in recovery from Eating Disorders (i.e., binge eating, bulimia, compulsive overeating, night eating or pre or post bariatric surgery support).

The group will allow time for process and coping skill development amongst supportive peers. Group topics will include: managing eating disorders (food logging, meal planning & mindful eating), anxiety, depression, and body image.

Mondays at 6:30-7:30

or

Thursdays 12:00pm-1:00pm

If you are interested in joining the group, please contact Tara Javidan, LCPC, CADC Tjavidan@claritychi.com to have an assessment.

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