

Psychoeducational Support Group on Nutrition & Mental Health

Held VIRTUALLY via ZOOM

5:30-6:30pm Wednesdays - March 24 & 31, April 7 & 14

Group Therapist:
Tamra Miller-Spence, MS, LPC, CCTP

Cost: \$100 (includes all 4 sessions)

Brief Description of Group:

This group is designed to be educational and informative in nature, as well as, a space for asking questions and gleaning anecdotal information from other clients. Each week the therapist will provide information regarding a subtopic within the larger group topic. The aim is to learn while also connecting with other participants sharing similar life experiences and interests.

Agenda:

Week 1: Basic Nutrition and Mental Health

Week 2: The Power of Substitution

Week 3: The Aid of Supplementation

Week 4: Moving Your Body

For more information or registration email:

Welcome@InProcessCounselingLLC.com

www.InProcessCounselingLLC.com

