

UPCOMING GROUPS AND WORKSHOPS:***Mindful Eating - Mindful Living for Women***

A group designed to help increase body acceptance, awareness of eating habits and emotional eating, develop relaxation skills, increase body appreciation through various creative modalities including guided imagery, journaling, and collage work.

Facilitated by:

Sherri Snyder, Licensed Psychotherapist and Julie Barto, Registered Nutritionist/Dietician

Sept. 29-Nov.10, 6:30-8 pm, Wednesdays, 8 Weeks (min. of 6 participants- early registration is suggested!) (Fee: \$20/group X 8) To register, call: Julie Barto at 508.422-2531

Parents of Teens with Eating Disorders

A monthly parent support group. The group will provide educational information as well as provide a confidential and supportive environment to ask your many questions about eating disorders and how you can help your teen! **Facilitated** by Sherri Snyder, MA, LMHC

*Although there is **no fee** for this group, you must register by phone or email by noon the day of the group.*

To register call: 473-1200 (X1) or ssnyder.lmhc@gmail.com

SCHEDULE:

Sept. 22, 7-8 pm

Oct. 25, 7-8 pm

Nov. 17, 7-8 pm

Dec. 13, 7-8 pm

Finding Your Own Voice: ages 12-16

This group is designed to assist young women build more self-confidence, increase ability to set limits, increase ability to cope with conflict and adversity. We will also address the idea of "the masks we wear" and how to be more genuine and true to oneself. The group will offer a variety of fun and creative approaches to address these concepts through role-play, creative writing, artistic expression, collage as well as concepts from DBT.

Facilitator: Sherri Snyder, MA, LMHC, ATR

Dec. 1 – Jan. 19th (8 weeks) Wednesdays, **6:30-8:00 pm**

This group is **free** thanks to generous funding from the Milford Regional Medical Center and the Center for Adolescent Health

Mindful Eating ~ Mindful Living for Teens!

A group designed to help increase body acceptance, awareness of eating habits and emotional eating, develop relaxation skills, increase body appreciation through various creative modalities including guided imagery, journaling, and collage work.

Facilitated by:

Sherri Snyder, Licensed Psychotherapist and Julie Barto, Registered Nutritionist/Dietician

February 9 – March 30, Wed., 6:30-8 pm, Wednesdays, 8 Weeks (this group is **FREE** thank to generous funding from the Milford Regional Medical Center and the Center for Adolescent Health)

To register, call: Julie Barto at 508.422-2531

UPCOMING GROUPS AND WORKSHOPS:

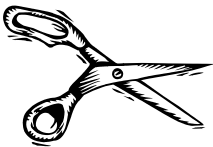
No Body's Perfect: ages 13-17

The goal of this group is to foster self-acceptance, increase body appreciation, decrease critical thoughts, and increase self nurturance. The group will achieve this through: guided imagery, writing exercises, creative activities to support these concepts.

Facilitator: Sherri Snyder, LMHC

May 15 – June 18, 2008 (7 weeks) 6:30- 8:00 pm

This group is **free** thanks to generous funding from the Milford Regional Medical Center and the Center for Adolescent Health



REGISTRATION FORM

Participant's Name: _____ Age: _____ DOB: _____
Address: _____
Parent/Guardian: _____
Participant's PH: _____ Cell: _____
Email: _____

Please check the group for which you are registering:

CHECK	GROUP	DATES	FEE/COST	PD/CK/CC
<input type="checkbox"/>	Mindful Eating – Mindful Living for Women	9/29-11/17/2010	\$20 X 8= \$160	
<input type="checkbox"/>	Parents of Teens with ED		FREE	
<input type="checkbox"/>	Finding Your Own Voice	12/1/2010-1/19/2011	FREE	
<input type="checkbox"/>	Mindful Eating ~ Mindful Living for Teens	2/9-3/30/2011	FREE	
<input type="checkbox"/>	NoBody's Perfect	5/18-6/18/2011	FREE	

Please send this form to:
Integrated Psychotherapy to the attention of: Sherri Snyder

Please maintain a copy of this form for your records.

All groups will be held at:
Integrated Psychotherapy 31 Hastings Street, RT. 16, Mendon, MA 01756
Pre-registration is required. Call: 508-473-1200 to register
www.IntegratedPsychotherapy.com