



## Mindfulness-Based Recovery Group

for Eating Disorders  
& Body Dysmorphia

**When:** Tuesdays  
5:30pm-7pm

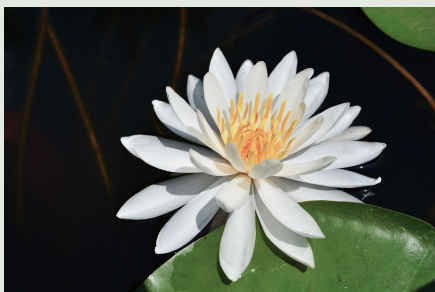
**Where:** 260 Chapman  
Rd, Suite 100-B  
Newark, DE

**Cost:** Covered by most  
insurances

**Sign Up:** Call our office  
at (302) 655-2726

\*We accept most major  
insurances including Medicaid

Facilitated by  
Emily Camera, MSW



A therapeutic group for individuals struggling with eating disorders and body image distress.

### Group members will learn how to:

- *Improve their relationship with food in a safe, structured environment*
- *Begin healing their relationship with their bodies*
- *Develop an improved sense of self-worth*
- *Become aware of & productively use their emotions as a source of direction*

*Members will bring their dinner to the meeting to directly address and heal mealtime related anxiety and obstacles. They will then process their experience and any struggles they may have encountered in their recovery process.*