

Healthy Bodies, Healthy Minds

Educational Group for Children



This is an 8 week group for children ages 9 to 12 that explores the relationship between how we are feeling and what we eat.

This group helps children to:

- **Learn how to identify the feelings that promote poor eating habits**
- **Choose healthier coping skills to deal with these emotions**
- **Develop stress management skills**
- **Explore different food options**
- **Learn about portion control**
- **Understand weight-management and nutrition**
- **Develop personal weight-loss strategies**

Through fun activities in a supportive environment, your child can learn to improve food choices, promote a healthy body image and continue to build their self-esteem and love who they are.



Healthy Bodies, Healthy Minds is led by **Dena Otrin**, Licensed Professional Counselor and **Amy King**, Registered Dietitian.

The group will be held on Monday evenings from 5:30 to 6:30pm for 8 weeks at Bayside Counseling in Westbrook, CT. Start date is based upon interest.

Space is limited! See our website at www.baysidecounseling.net for the registration form and updates.

Most insurance accepted. Self pay is \$40.00 per session.

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