

**BODY
EVER**

A Group For

COUNSELING and PSYCHOLOGICAL SERVICES

**Leader:
Feliza Guidero, Psy.D.**

*Time and date
to be determined
by clients'
and leader's
availability*

(206) 296.6090

CAPS

Learn

to develop healthier attitudes and behaviors about your body, food, and exercise. We will talk about how body image and eating concerns develop, and how to cope with them. Other topics include stress, self-esteem, health impact, nutrition, and

self-care.