

*do you struggle with  
weight related issues?*

*do you need help with  
change and acceptance?*

*This group is for you!*

*The group offers the opportunity to process challenges,  
receive support and get feedback from peers.*

*Topics to be discussed include:*

*Self-loathing  
Body Amends  
Accountability*

*Limitations  
Social Skills  
Self-esteem  
Acceptance*

*Choices  
Shame and Guilt  
Healing*

*These topics and more can be discussed in a safe and supportive  
environment where you can receive feedback, skills, insight, and  
healing.*

*Please contact BBK to set up an appointment today.*

*(714) 543-0483 Ext. 0*

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