



My Eating Disorder: Why It's In My Life, and How I Can Change.

Purpose of the Group: This group is intended for individuals (17 years and older) struggling with disordered eating and wanting to gain a better understanding of the role/function of their eating disorder. The group will discuss:

- Thoughts about change and the factors that influence readiness to make changes.
- How some people replace eating disorder behaviors.
- Myths around health and eating.

Expectations of Participants: Respect confidentiality. Individuals missing more than one group will not be permitted to continue. Individuals are not expected to make any changes, but to simply be curious about the role of their eating disorder in their life.

When and Where: The group starts October 6, 2009 and will meet five consecutive Tuesdays until November 3 from 6:30 until 8:00 PM. Sessions will be held at **Barclay Manor (1447 Barclay St.)** in the West End of Vancouver. *See map below.*

Cost: Expenses for this group are covered by the Looking Glass Foundation.
www.lookingglassbc.com

Group Facilitators:

Daryl Ternowski, PhD, Registered Psychologist (#1672)
Angela Birnie, B.A., Registered Dietitian

Referral Process:

People interested in attending the group are invited to contact Dr. Ternowski at 604-219-0381.

