

Teen Eating Disorder Recovery Skills Integration Group

AlignED Care

Eating Disorder and Mental Health Center

TRANSITIONAL AFTERCARE PROGRAM



TUESDAY EVENINGS

4:00 - 5:15 PT



VIRTUALLY VIA ZOOM

For teens 13-17

Located in California & Colorado



\$65/Group



This ongoing weekly virtual support group provides a safe and supportive space for teens to discuss their relationship with food, body image, and the pressures of diet culture. With the added stress of social media, individuals may be struggling with these issues on a broad level, and our group aims to provide community support. We promote a Health at Every Size (HAES®) informed, weight-inclusive approach that challenges diet culture, body size stigmas, and stereotypes. Teens of all genders between the ages of 13-17 in different stages of recovery from chronic dieting, disordered eating, and eating disorders are welcome. The group's focus is on building self-esteem, improving body image, and establishing a strong community of support.



**Facilitated by
Stephen Reeder, LPCC,
LPC, CEDS-C, NCC**

California LPCC #2843
Colorado LPC #0011355

Stephen has been working in the mental health field for over 15 years, specializing in treating individuals of all genders struggling with anxiety, depression, anger management, relationships, co-dependency, eating disorders, and obsessive compulsive disorder. He has also developed specialized programming for teens with eating disorders in a Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP). As the middle of five children, Stephen has a special interest in supporting teens and a unique understanding of the challenges faced by adolescents.



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