



Online Virtual Group & Individual Coaching

A Confidential & Empathetic Environment to Ignite Community & Healing

EMPATHY IS NOT CONNECTING TO AN EXPERIENCE.

*Empathy
is connecting
to the emotions
that underpin
an experience.*

If You or Someone You Know
is Struggling
[Email Us Today](#)

Facilitators



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Problematic Issues with Food and Body Image

A confidential support group for adolescents ages 13-17 struggling with food restriction, anorexia, bulimia, binge eating, compulsive overeating, disordered eating or problems with food, body image and or exercise.

Join other peers dealing with similar issues with the guidance of a professional coach who has first hand experience with what you're going through. Together you will learn ways to manage thinking patterns, behaviors, and nurture self-esteem.

Virtual Group's

Virtual group coaching is a confidential place where you can talk about what really matters to you with others that relate to your experiences. Group sizes are a minimum of 3 and maximum of 9. Each group is 1 hr and runs for 6 weeks.

Tuesdays at 6:30pm UK time



Information

For group descriptions, fee's, registration please visit
www.werise.co.uk