

## HEAL YOUR RELATIONSHIP WITH FOOD FROM THE INSIDE OUT



Mindful Balance Therapy Center is offering an eight-week therapeutic group focused on holistic wellness for adult women who experience difficulties in their relationships with food, eating, and body image.

The group takes an integrative approach to healing and wellness, using lenses from several therapeutic modalities to explore thoughts, feelings, and attitudes about food, eating, health, and wellness.

We aim to foster an insight-oriented, supportive group experience.



*Dana Belletiere, LICSW, MSEd*

I am a licensed psychotherapist practicing at Mindful Balance Therapy Center in Keene, New Hampshire. I take an integrated, multifaceted approach to mental health and wellness, drawing from more than fifteen years' experience in the field as well as my own therapeutic journey. It is my goal as group facilitator to create a safe, inclusive, respectful environment for participants to learn from and support one another.



MINDFUL BALANCE  
THERAPY CENTER PLLC

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[www.mindfulbalancetherapy.com](http://www.mindfulbalancetherapy.com)

## THE WHOLE SELF GROUP



Do you struggle with your relationship to food, eating, and/or your body?  
Are you interested in exploring how your personal history and relationship to Self impact your eating patterns and body image?





## OVERVIEW

The Whole Self Group will meet for eight weeks over the summer. The group size is capped at 8 members – the cohort is meant to be small to encourage comfort and participation amongst members. The group will focus on cultivating a healthy relationship to food and eating by prioritizing self-care, practicing self-assertiveness, developing self-awareness, identifying and maintaining a supportive “tribe”, eating mindfully and intuitively, and more. Additionally, group members are encouraged to contribute topics of interest for discussion and exploration.



## GROUP DETAILS



### WHEN

The group meets for eight sessions over the summer on Thursdays from July 12th - September 13th 6:00-7:15pm. The group will not meet on July 26th or August 30th.

### WHERE

Mindful Balance Therapy Center  
441 Main Street  
Keene, NH 03431

### FOR MORE INFORMATION & HOW TO REGISTER

Please contact Dana Belletiere at [dbelletiere@mindfulbalancetherapy.com](mailto:dbelletiere@mindfulbalancetherapy.com), or (603) 903-1414 x4

Early registration is recommended, as the group is expected to fill quickly.

### PRICING & ATTENDANCE

The Whole Self Group is \$60 per 75 minute session, which can be paid ahead in full, or at the end of each group session with cash or check.

Please note that the cost of the group is not a covered insurance expense.

