

Teen Eating Disorder Recovery Skills Integration Group

AlignED Care

Eating Disorder and Mental Health Center



WEDNESDAY EVENINGS

4:00 - 5:00 PT



VIRTUALLY VIA ZOOM

For teens 13-17

Located in California



\$50/Group



This ongoing weekly virtual support group provides a 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
Alyshia Marcelletti
(they/them)**

I believe therapy is a space for collaboration where we work on your goals with kindness, compassion, and care. I center you as the expert in your lived experience, working primarily from a Relational Gestalt and psychodynamic approach while incorporating tools from other modalities and bringing a social justice lens to meet individual needs. I have experience working with BIPOC, LGBTQIA+, and neurodivergent individuals as well as experience working with substance abuse, trauma, anxiety, depression, grief, self-esteem, and identity development through times of transition. I aim to support you in increasing consciousness to facilitate navigating life with intention and authenticity.



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