



S·U·N·S·T·O·N·E
COUNSELING



Binge Eating Recovery Support Group

*The days are getting shorter. The holidays are just around the corner.
Stop old habits from creeping back.*

Join us in this opportunity to find support and understanding together.

This group works collaboratively to help individuals overcome binge eating. We emphasize self-compassion as we explore the triggers and emotions that may spark a binge. We share tools to help counteract those impulses. *

Our first group starts Friday, October 10th

- Who:** For women 18 and up
What: A support group for women who struggle with binge eating
When: Fridays from 5:30 – 6:30 beginning Friday, October 10th
Where: Sunstone Counseling in the City of Falls Church
Why: Sometimes you need a safe space and the support of other women who understand the ups and downs of binge eating recovery.

Contact: Tara at (703) 810-7918 or tara@sunstonecounselors.com

Tara Edwards is a Graduate Counseling Intern working under the supervision of Cindy Walls, LPC

*The group uses the book *The Healing Journey for Binge Eating* by Michelle Market, M.Ed., LPC, CEDS as its guide.

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