



Eating Disorder Adolescent Group: For teens struggling with an eating disorder

- ◆ Is your teen obsessed with his or her weight and appearance?
- ◆ Is your teen constantly on a diet?
- ◆ Have you noticed your teen spending more and more time exercising?
- ◆ Does your teen sneak food or eat a tremendous amount of food in one sitting?

If so, your teen might benefit from the Adolescent Group at the Duke Eating Disorders Program!

- ◆ A supportive skills-based group focusing on:
 - Helping adolescents cope more effectively with their emotions and stress.
 - Improving problem-solving skills
 - Increasing communication skills
 - Specific skills to combat eating disorder symptoms
- ◆ Helping teens feel less isolated by providing a safe environment for them to share their experiences with others who have similar problems.

The group will meet at the Duke University Medical Center from 4:30 – 6:00 p.m. on Thursdays for 8 weeks, starting in late September.

For more information, please call Natalie at 919-668-7301 or email her at Natalie.puckett@duke.edu.