Counseling Center Support Group

Total Nourishment

Wednesdays, 1-2:30pm

Counseling Center (SVC 2124)

This group focuses on exploring ways to manage and decrease disordered eating behaviors and improving one's relationship with food and body. Members will also help each other improve through offering support, providing feedback and understanding, increasing self-confidence, and addressing negative self-talk. Topics include but are not limited to weight and shape concerns, situational triggers, interpersonal relationships, and unique individual factors.

For reasonable accommodations, please contact Vinny Dehili, (813) 974-2831 (FL Relay 711).

COUNSELING CENTER
813-974-2831 · usf.edu/counsel
SVC2124

UNIVERSITY of SOUTH FLORIDA
Student Success