



What feelings come up when you look at
this picture?

Come join our confidential and supportive space to explore your relationship with food, eating, body image, and related moods that can shape your lifestyle.

No matter where you are in your journey towards understanding how your mood relates to food choices, there is a space for you here. This group offers a skills focused, weekly treatment option for anyone who may be interested in: understanding more about their eating habits, support managing their challenges with food and eating, anyone with or without a formal eating related diagnosis*,
AND EVERYONE IN BETWEEN! All students welcomed.

GROUP: Food & Mood

LOCATION: Virtual Zoom Meeting (Links to be sent out through UHS Connect)

TIME: Tuesdays 4pm-5:30pm

ATTENDANCE: Regular weekly attendance is expected.

*any members who are currently in treatment for active/unmanaged eating issues or risks will be welcomed to the group. This group can serve as an add-on for active/unmanaged eating issues.

Food & Mood Group

Questions? Feel free to email!

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TO SET UP AN INTERVIEW: Please call the
University Counseling Center (UCC) at
585-275-3113

