



JOIN THE BODY IMAGE RECOVERY GROUP

A SAFE SPACE FOR HEALING AND GROWTH

Are you struggling with body image concerns, especially after experiencing trauma?

Our Body Image Recovery Group is here to help you heal and build a healthier relationship with your body in a compassionate, supportive, and empowering environment.



WHAT IS THE BODY IMAGE RECOVERY GROUP?

This 8-week online therapy program is designed specifically for women aged 18+ who have experienced trauma and struggle with body image issues.

By joining, you'll gain:



- A safe, non-judgmental space to explore body image concerns
- Practical tools for challenging negative body image and fostering self-compassion
- Skills to manage body-related distress and build resilience
- Support and connection from others who understand your journey

WHAT TO EXPECT

Each session is 90 minutes long, combining psychoeducation, mindfulness activities, and group sharing. Topics include:

- Understanding body dissatisfaction
- Cultivating body neutrality
- Managing body-related thoughts and beliefs
- Developing healthy coping strategies

WHO CAN JOIN?

Women aged 18+ who have experienced trauma and are seeking support for body image recovery. Participants must be able to attend weekly sessions online and engage in group activities.

WHO RUNS THIS PROGRAM?

Nicole Gaviria

Nicole is a Registered Counsellor specializing in body image recovery and trauma. With a Master's in Counselling and training in CBT and ACT, she creates a supportive, evidence-based space for participants to explore their experiences and build self-compassion.

Angela Martin

Angela is a Social Worker with expertise in trauma and eating disorders. She brings a warm, empathetic approach to group therapy, helping participants feel safe and supported as they work through body image challenges with mindfulness and compassion.

HOW TO APPLY

Please speak to your therapist to determine if this group is right for you. They will assist you in applying and ensure you have the support needed during your healing journey.

We look forward to supporting you on your path to recovery.