

The background is a vibrant collage of tropical-themed illustrations. It includes slices of watermelon, lemons, and oranges, along with various types of palm and monstera leaves in shades of blue and purple. The overall aesthetic is bright and summery.

The Body, Beauty, and
Bravery Project's
Embodied Nourishment
Group Presents:

Summer Saturday Breakfast Club

JUNE 10 - JULY 29

Join us!

Members will learn to recognize nervous system states of hyperarousal, hypoarousal, and how to resource themselves into a regulated state with provided tools and group support in order to foster healthy ingestion and digestion. This group is appropriate for adults working with a Registered Dietician, Therapist, and/or are well into recovery. Members can expect support, connection, and encouragement while working towards increased inner wisdom and trust with their bodies and food. The group is 'BYOF' (bring your own food) and is free to the community. The amount members choose to eat is up to themselves, their treatment team, and their individual goals for the group.

Contact Leah Donatelli if interested - leah.donatelli@my.lr.edu

Leah is a graduate student studying clinical mental health counseling. She is a student of the Embodied Recovery Institute™ and the Center for Body Trust™.

Previous Member Remarks



"I had one less day of behavior use, and it normalized eating with others."

"This group is a place I can really be myself."

"I looked forward to this every week and enjoyed hanging out with others in recovery."

"There was more freedom to do what worked. What was most helpful was that everyone was eating different things for different needs."

"I learned how to create a calm experience when it comes to eating."

