

B. Balanced Group

ADDRESSING UNIQUE NEEDS OF OUR PATIENTS AND PLANTING THE SEEDS FOR SUCCESS



This program will provide you with information and support each week by exploring your readiness for change and the roadblocks you encounter along the way. We will not only provide you with behavior change strategies and stress reduction techniques but will also offer you the group support of others facing the same challenges.

SOME OF THE SKILLS YOU WILL LEARN:

- BEHAVIOR CHANGES AND ROADBLOCKS
- EXAMINE YOUR TRIGGERS
- STRESS REDUCTION
- EMOTIONAL REGULATION SKILLS
- RELAPSE PREVENTION PLANNING
- SUPPORT WHILE LOSING AND MAINTAINING WIEGHT
- DEVELOP A WELLNESS PLAN
- COPING STRATEGIES
- WHAT'S STOPPING YOU?

Groups developed and lead by
Jan Ford,
Certified Wellness Counselor
Call 703-878-7610 for more information

BLUEPOINT
SURGICAL GROUP



Groups are held:
Tuesday nights at 6:30

In our woodbridge office
2280 Opitz Blvd Suite 320