



# Mind Over Mirror

**Is your child struggling with poor, distressing or negative body image?**

**FEB  
7**

Time: 5:30pm-6:30pm  
Length: 8 Weeks

## A Body Image Art Therapy Group

Led by: Bri Garrold, LCPC,  
LCPAT, ATR-BC

**Contact us:**

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This series will provide a group therapy experience rooted in both psychoeducation and expressive therapy to explore underlying causes of negative body image, impacts on daily life, and ways to begin to cultivate healthy body image through both discussion and visual arts experientials.

### **Eligibility**

Ages 13-17 years. Whether your child has an eating disorder, is a member of the LGBTQ+ population, or could in any way benefit from psychoeducation and art prompts focused on exploring current perceptions of body image, as well as beginning to develop healthier body image, this is the class for them!