

Feeding Your Soul:

A Closer Look at Your Emotions and Eating



Offered by the Hosford Counseling & Psychological Services Clinic, UC Santa Barbara

A 4-week therapy group available to UCSB students

This is a support group centered on finding a balance between your feelings and your relationship with food. This group is a great place to gain a deeper understanding of yourself, your choices, and how to get on a path that is aligned with your values. If you struggle with eating and feel you may benefit from support, you are not alone; please reach out and join this group!

Group runs weekly on Wednesdays, January 7 through January 31, 2015 from 3 - 4 pm.

GHI Out-of-Network Provider

Sliding Scale Available

If you are interested in learning more, please call Lana Smith-Hale, LCSW, at the Hosford Clinic (located on campus in the Education Building) at 805-893-8064 for more details and a phone screen.

The Hosford Counseling & Psychological Services Clinic

UC Santa Barbara

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