



# Mindful Eating:

## Emotional Eating & Food Craving Management Group

Do you eat when you're not hungry?  
Do you struggle with powerful food cravings?  
Do you eat to cope with your emotions?  
Are you frustrated by diets that just don't work?

If you answered yes to any of these questions, this 6-week Mindful Eating group may be for you!

In this group, you will learn:

- What is mindful eating?
- The benefits of mindfulness & how to practice mindful eating
- How to become more in tune with your body
- Powerful skills that can help you manage even your toughest food cravings
- To find balance and heal your relationship with food



**Date:** Thursdays starting  
October 22, 2020

**Time:** 12:00PM - 1:30PM

**Location:** Zoom

**Facilitators:** Dietitian & Social Worker

Call 905-456-7111 ext 2 or visit [www.cbfht.ca](http://www.cbfht.ca) to learn more