

EDRC'S "ASK THE EXPERTS"
PRESENTS

LARA EDELSTEIN

**SATURDAY 10/24
9:30-11AM**



Lara Edelstein is a licensed clinical social worker in Washington, DC specializing in the treatment of eating disorders, anxiety, depression, self-esteem issues, adjustment disorders, and relationship problems. Lara has experience working with a diverse client population in college counseling and in Intensive Outpatient and Partial Hospitalization levels of care. Her approach is warm, direct, and client-driven incorporating aspects of cognitive behavioral, interpersonal, and mindfulness-based methods to help her clients gain insight into their problems and learn the strategies necessary to cope.

CLICK HERE TO REGISTER!

(zoom link will be emailed to you
after you register for the meeting)

**Join the conversation by submitting
questions you want answered in advance
to Nancy Boyle (nancy@edr.csv.org).**