UPCOMING GROUPS AT THE CHESNUT GROUP

STARTING THE 2ND WEEK OF FEBRUARY

Family Support & Therapy Group • Wednesdays 6:30-7:45 PM
A group intended to help families develop skills to support their child in recovering from an eating disorder. Informed by Emotion-Focused Family Therapy (EFFT), an evidenced-based treatment for families. $75 per group.

Steps to Recovery Group • Wednesdays 7:00-8:00 PM
A safe environment to discuss the difficulties of having an eating disorder and build skills and strategies to support their recovery process. $60 per group.

RO-DBT Group - Adolescents • Thursdays 6:00-7:00 PM
A skills-based group for adolescents based on Radically Open Dialectical Behavior Therapy, a treatment model designed for those experiencing challenges related to excessive self-control. $60 per group.

Sibling Group • Every other Monday 5:00-6:00 PM
A safe and confidential space for children and adolescents to talk about how having a sibling with an eating disorder has affected them. $60 per group.

Bridge to College Group • Mondays 6:30-7:45 PM
An advanced recovery group designed to help individuals build skills to protect their recovery as they transition from home to college. $75 per group.

STARTING IN MARCH

RO-DBT Group - Young Adults • DAY/TIME TBD
A skills-based group for young adults based on Radically Open Dialectical Behavior Therapy, a treatment model designed for those experiencing challenges related to excessive self-control. $60 per group.

Self-Esteem & Body Image Group - Young Adults • DAY/TIME TBD
An empowering and judgement-free environment for young adults to overcome barriers to self-esteem, build positive body image, and work towards feeling more secure, assertive, and intentional. $60 per group.

All groups will be held virtually.

THE CHESNUT GROUP
A psychotherapy practice for healing, recovery & restoration
MEET THE CHESNUT GROUP
A Psychotherapy Practice

Theresa Chesnut
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All Associate clinicians are supervised & employed by Theresa Chesnut, LCSW #68696.