

# Support Group for Emotional Eating 2018

Do you find your relationship with food challenging?

Does food & thoughts of food dominate your life?

Do you feel it would help to talk about eating issues?

Then our support group is for you.

Open, confidential and non-judgemental support group available for support, exchange of experience, information and feelings about eating related concerns.

Venue: 55 Christchurch Avenue N12 0DG

Start Date: Monday 29th January 2018

Start time: 5.30pm to 7.00pm

Cost: £2.00 per session (suggested contribution)

To join: contact us on the number below or email Chand:

ChandPayne@MindinBarnet.org.uk

T: 02083435700

e: [admin@mindinbarnet.org.uk](mailto:admin@mindinbarnet.org.uk)

<http://mindinbarnet.org.uk/>

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