

**ABANDONING SHAME
EMBRACING COMPASSION**

BODIES UNBOUND

STARTING ONLINE

JUNE 17, 2021

8:00PM

CALL FOR INTAKE AND ENROLLMENT



562.250.7029



LISTENINGROOMTHERAPY.COM

THIS GROUP IS FOR ANYONE WHO WANTS TO:

- **FEEL AT PEACE WITH THE BODY YOU'RE IN**
- **FREE YOURSELF FROM BODY-CENTRIC SHAME AND GUILT**
- **HAVE A SAFE, JUDGMENT-FREE SPACE TO SHARE, LEARN, AND REFLECT**
- **BUILD CONFIDENCE FOR LIVING WELL IN A BODY-SHAMING CULTURE**
- **HEAL YOUR RELATIONSHIP WITH YOURSELF AND THE WORLD AROUND YOU**



TO CREATE A SAFE SPACE FOR ALL PARTICIPANTS, DIET AND WEIGHT-LOSS TALK WILL BE DISCOURAGED. OUR GROUP WILL FOCUS ON BODY LIBERATION FROM A WEIGHT-NEUTRAL PERSPECTIVE, AND WILL END WITH A MEMBER-CHOSEN SPECIAL EVENT TO CELEBRATE THE WORK YOU'VE DONE AND SET THE TONE FOR EMBARKING ON YOUR NEW, MORE LIBERATED JOURNEY.