



Side by Side Nutrition presents: Client Appreciation Month | November 2023

Support Group Guidelines: [Support Group Guidelines 2023 - Google Docs](#)

Discussion Group Descriptions:

The Helpers (Wed 11/1 at 4:45p MST)

When in doubt, everyone looks to the helpers, but where do the helpers turn? Join us in a one-night support group for helping professionals. This group offers a safe and confidential space where therapists, social workers, counselors, nurses, teachers, non-profit workers, and anyone who identifies as a helper can come together to share their experiences and receive emotional support. Through engaging discussion and flexible activities, participants have the chance to manage the unique stressors of their jobs. The topics covered in this session will include burnout prevention, self-care practices, and managing uniquely challenging seasons in your work. With facilitators creating a non-judgmental environment, individuals can feel comfortable expressing themselves openly.

The Year of the Barbie Movie (Thurs 11/2 at 6p MST)

What a time to be alive and in pink! The Barbie movie has had everybody talking since before it came out in July 2023, but it feels like the world hasn't been the same since. So much of our recovery and body image is related to what's going on in the zeitgeist, especially media. In this group, we'll share our thoughts & opinions on the Barbie movie, whatever they may be. Our facilitator will invite discussion on themes from the movie relevant to our work, including feminism, fashion, aging, beauty, imperfection, and more.

Whether you've seen it or not, all compassionate voices are welcome to the discussion. Feel free to dress in pink or a costume if that appeals to you. Hope to see you there, Barbie!

Diet Culture Vent Group (Wed 11/8 at 4:45p MST)

Tired of the never-ending cycle of diet culture? Come vent freely at a group dedicated to supporting individuals battling against society's dangerous body standards and damaging dietary pressures.

This is a space for anger. This is a space for grieving. This is a space where you can share your unfiltered, authentic thoughts and grievances.

Through sharing experiences and dismantling distorted perceptions, we can find communal strength. Embracing diversity and inclusivity, this group highly values each individual's unique stories and perspectives.

Together, let's speak out about the detrimental effects of diet culture and let the cracks in our anger allow the imagining of an anti-diet future of genuine self-acceptance.

Exploring the Intersection: Religion and Eating Disorders (Thurs 11/16 at 4p MST)

The Religion and Eating Disorders Discussion Group aims to provide a safe and open platform for individuals to engage in empathetic conversations about the complex relationship between religion and eating disorders. This group is targeted toward those who wish to explore the intersection of spirituality, faith, and their impact on eating disorders, promoting understanding, support, and reflection.

Throughout history, religious beliefs and practices have greatly influenced individuals' perceptions of body image, food, and self-worth. However, these connections can vary significantly across different religious traditions, cultures, and personal experiences. This discussion group welcomes participants from diverse religious backgrounds who are interested in collaboratively investigating this subject matter.

Within this group, participants will have the opportunity to share personal stories, beliefs, and struggles, while gaining insights from others who may hold different perspectives. The discussions will focus on examining the ways religious doctrines, rituals, and cultural practices can impact body image, the development or aggravation of eating disorders, and recovery journeys.*

*given the sensitive topic, we will have group discussion guidelines for safe communication to ensure everyone feels welcome to express themselves authentically

What Pets Can Teach us About Recovery (Date/time TBD-week of 11/27)

Furry, scaly, and slimy friends are all welcome to join us as we discuss what pets and all the special animals in our lives can teach us about recovery. These loved ones may be the ones whose hunger cues keep us accountable, or the ones who model embodiment sincerely throughout their lives. Your pet may be your biggest supporter or your biggest motivator.

Let's come together and feel the full force of our furry support system. We'll discuss the themes of what pets can teach us about body connection, food relationships, emotional regulation, grief, and self-compassion.

Neurodiversity Struggle Bus (11/13 at 4:30p MST)

Let's face it: most of the time, being neurodivergent/neurodiverse (ND) does NOT feel like a superpower. ADHD, ASD, OCD, TBI or any combo of the infinite ways we can fall on the neurodiversity spectrum can create unique challenges in recovery and in general life. Many of us are riding the struggle bus, often. To top it all off, even ND folks without eating disorders often struggle with the daily function of eating and self-care.

Have you been feeling overwhelmed and exhausted by the effort it takes to keep a human alive? Come join us on the Neurodiversity Struggle Bus, where we'll laugh, cry, and brainstorm about all the ways our unique needs show up.

(If popular, or if all of us flighty friends forget to attend, this group will be offered a second time during the month)

Holiday Help (11/22 at 5p MST, 11/30 at 5p MST)

The holidays sometimes put recovery in a snow globe. Whether it feels like something you need to put on a shelf during the holiday season, or something that you feel more compounding pressure around, recovery shifts for most of us around this time of year. Families, travel, weather changes, and busier schedules make for a lot of challenging spaces to navigate as someone in recovery. This group will focus on recentering you this holiday season.

We want to come together and discuss all the fears, memories, and unexpected moments that can come up this time of year. Participants will not only hold space for others needing extra support, but collaborate on reasonable ways to cope ahead for all that the winter brings. It'll be the best gift you can give yourself to kick off the holiday season with an avalanche of support.

Groups:

1. The Helpers (teachers, therapists, healthcare professionals, non-profit workers, etc.)
2. The Year of the Barbie Movie (offer twice if first is popular)

3. Diet Culture Venting
4. Religious Undertones and Backgrounds in Disordered Eating
5. What Pets can Teach us about Recovery
6. Neurodiversity Struggle Bus (offer twice)
7. Holiday Help