

## Winter/Spring 2021

### Dewpoint

The point at which change occurs

#### *E.D. Eating Disorders*

This structured group offers support to address emotional regulation, thinking patterns, relationship with food and eating behaviors that are associated with (E.D.) eating disorders such as *anorexia nervosa, bulimia nervosa, and avoidant/restrictive food intake disorder* and more.

Winter Sessions Scheduled  
Well of GRACE Ministries Office  
1<sup>st</sup> TUESDAY of the Month  
5:00-8:00 p.m.

Jan. 5<sup>th</sup>  
Feb. 2<sup>nd</sup>  
Mar. 2<sup>nd</sup>  
Apr. 6<sup>th</sup>  
May 4<sup>th</sup>

### Dewpoint B.E.D.

The point at which change occurs

#### *B.E.D. Binge Eating Disorders*

This structured group offers support to address emotional regulation, thinking patterns, relationship with food and eating behaviors that are associated with (B.E.D.) *binge eating disorder*.

Winter Sessions Scheduled  
Well of GRACE Ministries Office  
2<sup>nd</sup> TUESDAY of the Month  
5:00-8:00 p.m.

Jan. 12<sup>th</sup>  
Feb. 9<sup>th</sup>  
Mar. 9<sup>th</sup>  
Apr. 13<sup>th</sup>  
May 11<sup>th</sup>

### Next Chapter

Winter Sessions Scheduled  
Well of GRACE Ministries Office  
3<sup>rd</sup> TUESDAY of the Month  
5:00-7:00 p.m.

Jan. 19<sup>th</sup>  
Feb. 16<sup>th</sup>  
Mar. 16<sup>th</sup>  
Apr. 20<sup>th</sup>  
May 18<sup>th</sup>

If you are interested in attending this therapy group, please give us a call at (269) 428-9355. We would like to schedule a visit to meet with you. **Dewpoint** is led by licensed therapists and is offered free of charge to our participants. We work in conjunction with **SMEDA: Southwest Michigan Eating Disorder Association** and **SWMC Nutritional Wellness**.