

REFRESH

Psychotherapy

Refresh Psychotherapy LCSW PLLC
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Hello,

Our names are Amanda Abdeldayem and Fizza Bokhari and we are excited to announce Refresh Psychotherapy will be launching a virtual group on **The Mind-Body Connection**. The group begins July 12th, 2021. The group will occur on Monday evenings from 7:00PM-8:00PM. This group will run for 12 weeks. This group is meant to help you gain the knowledge needed to make and maintain lifestyle changes that will aid in both your physical and mental well being. Group members will participate live (virtually) each week within this group and will learn how to nurture a positive body image, how to eat intuitively, develop the knowledge on how to make healthier food choices and overcome food addiction. Group facilitators will discuss in detail, how the mind and body are connected and how what we eat and when we eat it, often has a direct correlation to our mental state.

Group members will be given the opportunity each week to develop goals relating to obtaining an overall healthier lifestyle. Group members will be provided with ideas, tools and ongoing resources to support the goals they have set for themselves. Should you be interested in the group, we can set up a 10 minute consultation to ensure the group is a good fit for you. Please email us at fizza@refreshtherapynyc.com and amanda@refreshtherapynyc.com

Sincerely,

Amanda Abdeldayem, LMSW, CASAC-T and Fizza Bokhari, RD/CDN