

“The Anger Outlet: Understanding Your Emotional Self in Recovery”

Now offering a NEW never held before! 16 week co-ed, 18+ therapy group who have been formally diagnosed or think they may be suffering from an eating disorder. Come and commit yourself to **you** and to a better understanding of your emotional process in recovery. Express yourself with others, understand your own process, feel your feelings, and be present with yourself.

In this group we will explore and enhance:

- Coping skills for deregulating emotions
- Awareness of our strengths and triggers
- Group support, connection, and containment specifically for eating disorders

Details & Contact:

When: Sunday afternoons at 4:00pm-5:30pm

Where: 965 Concord Street Framingham, MA 01701

Who: Lindsay Brady, LICSW & Jen Rego, LICSW

Intake and Assessment Date: February 1st

Contact: Lindsay (508) 887 6424 & or Jen (617) 896 6974 to schedule a time for Feb 1 intake

Please call either one of the group leaders to schedule the appointment.

About the facilitators:



Jen Rego, LICSW

Jen Rego is a licensed independent clinical social worker with a strong background in crisis work in the community and has spent years working with eating disorders. Jen received her bachelor's in counseling from Lesley University and her MSW from Simmons College. She left with an expressive and clinical background from those institutions. She works currently at Walden Behavioral Care, LLC where she provides individual and family counseling and runs groups. Jen started an Anger Management Group at Walden in their outpatient clinic over 1½ years ago. She also uses expressive sand play with particular clients. She continues to help clients to find their voice, strengthen their self-concept and become advocates in their own lives. She is currently accepting new patients in her private practice. Please see Psychology Today for further details.



Lindsay Brady, LICSW

Lindsay Brady is a licensed independent clinical social worker with a private practice in Framingham, MA. She earned her MSW from Wheelock College and has since practiced in a variety of settings, including inpatient crisis stabilization and long term residential care for individuals with pervasive mental illness and psychosis. Lindsay uses Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Cognitive Restructuring for PTSD (CR for PTSD). In 2011, Lindsay became the Clinical Director for the Multi-service Eating Disorder Association in Newton, MA where she worked with individuals, families, and couples seeking comprehensive eating disorder assessment and support. In 2014, Lindsay became MEDA's primary consultant on complex community cases and also expanded her work in private practice to include considerable attention to dual diagnosis in eating disorder recovery.