Can I attend?

We are an inclusive support group focused on Body Positivity, FOR ALL genders, races, ethnicities and identities, and for those who may be experiencing body image issues.

You Are Not Alone

Our Core Competencies

- Reclaim Your Health
- Learn to Practice Intuitive Self-Care
- Cultivate Self Love
- Declare Your Own Authentic Beauty
- Build Community

Our core Competencies are fundamental skills we practice on a daily basis to live peacefully and healthfully in our bodies. When we become proficient—competent—at using these skills, we are able to care for ourselves in body, mind, and spirit from a place of self-love and appreciation.

Each week we’ll come back together to share our triumphs and our struggles.

https://thebodypositive.org/5-competencies/

When and Where is The Group?

Q: When does the group begin?
A: Our group will begin in Spring Semester of 2021. The group will be held weekly. A day and time is yet to be determined.

Q: Where will the group be held?
A: This will be a virtual group and all participants must be located in CT.

For More Information Contact CAPS at: 860-465-0181 or email Lindsay at: warnerl@easternct.edu or Kelsey at: gilbertke@easternct.edu