

# **APTED Group Therapy - Winter 2012**

## **APTED Sliding Scale Specialty Clinic**

3195 California Street  
San Francisco, CA 94115

**\*\* Revised Schedule as of 2/8/2012 \*\***

---

### **Seeking Safety:**

This group focuses on building coping and grounding skills as an alternative strategy to dealing with cognitive and behavioral issues related to eating and body image dysfunction and emotional dysregulation.

Meeting time: Mon 10am-noon

Feb 6 - March 26, 2012 \$40 8-week session

Contact Natalie or Robin 415-967-1145 [natalie.n.blake@gmail.com](mailto:natalie.n.blake@gmail.com) or 707-738-6935 [robinlpittman@gmail.com](mailto:robinlpittman@gmail.com)

---

### **Food for Thought:**

a combination CBT and DBT group addressing thoughts & emotions and how they relate to eating behaviors.

Meeting time: Wed 10am- noon.

Feb 1 - March 21, 2012 \$40 8-week session

Contact Barb 415-574-8427 [barb.lankamp@gmail.com](mailto:barb.lankamp@gmail.com)

---

### **Art Therapy:**

Expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional wellbeing, and allows for a deeper understanding for oneself.

Meeting time: Mon. 8pm-9:30

Jan 30 - March 19, 2012 \$40 8-week session

Contact Kara 510-326-4492 [kvesely@alumnae.mills.edu](mailto:kvesely@alumnae.mills.edu)

---

### **Stitch & Bitch**

Process and Support while working on knitting or crochet projects! For those struggling with all types of eating disorders. Please bring your own yarn, patterns and needles.

Meeting time: Mondays 5:50-6:50pm

Contact Kara 510-326-4492 [kvesely@alumnae.mills.edu](mailto:kvesely@alumnae.mills.edu)

---

### **12-Step Support Group**

A fellowship meeting where individuals can share their experiences, strength, and hope with each other, so that they may recover to a life free from obsession/addiction with food, weight, and body image.

Meeting time: Wed 2-3pm

ongoing & by donation

Contact Pamela (415) 350-4240 [pbrody@mail.com](mailto:pbrody@mail.com)

---

### **Anorexia Recovery:**

A support and process group for those struggling with Anorexia.

Meeting Time Sat 3:30-5pm

Feb 11 - March 31 \$40 8-week session

Contact Miguette: [megetme@sbcglobal.net](mailto:megetme@sbcglobal.net)

---

**Please contact Barb Lankamp prior to first group for a brief phone intake: (415) 574-8427**