

# Supportive Meal Group

Meal support for recovery minded individuals who are struggling, yet motivated to seek help. Participants will gain more confidence, ease and skills with eating. Each group will allow time for processing and a supportive meal.

**Saturdays noon-1:30**

**2/6, 2/13, 2/20 and 2.27**

**Fee: \$180.00\*\***

\*\* HealthNet and Santa Clara County IPA (SCCIPA) contract with us



**Cassie Barmore, MS, RD**  
**Bay Area Nutrition, LLC**

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408-370-7731 [www.BayAreaNutrition.com](http://www.BayAreaNutrition.com)

- Initial consultation required, including discussion with your current team. Fee: \$45.00, unless you are a Bay Area Nutrition client.
- Permission for group dietitian to discuss your case with individual therapist and dietitian required. We ask that your individual dietitian share your meal plan with group dietitian. Weekly update will be shared with your team.
- Group is for adults. Teens 16 and older will be considered.
- Participants are required to bring their own meal. Disposable plates and utensils provided.

About the facilitator. Cassie Barmore, MS, RD earned her BS in Nutrition and Food Science from California State University, Chico and her MS in Nutritional Science from Texas Tech University. She completed her internship through California State University Long Beach. Cassie specializes in working with clients struggling with disordered eating to restore healthy thoughts and perceptions about food. Cassie has worked with clients in intensive outpatient, partial hospitalization and outpatient settings.