



**Hamilton Family Health Team**  
*Better care, together.*

**Queen's**  
UNIVERSITY

DEPARTMENT OF  
FAMILY MEDICINE



# Mindful Eating

**Emotional Eating and Food Craving  
Management Group**

**WEDNESDAYS**

**January 26–March 9, 2022**

**1:30–3 p.m.**

**115 Clarence St. (Basement)**

Facilitated by **Allison Little, RD,**  
and **Jessica Waller, MSW**

To register, please call Michelle at  
**613-533-9300, Ext. 73913.**

**Do you eat when you're not hungry?**

**Do you struggle with powerful food  
cravings?**

**Do you eat to cope with your  
emotions (feeling sad, stressed,  
lonely, bored)?**

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## **In this group, you will learn:**

- about the benefits of mindfulness and how to practise mindful eating;
- how to become more in tune with your body and learn to respond to your natural cues;
- powerful skills that can help you manage even your toughest food cravings; and
- to find balance and heal your relationship with food.