



# Women, Food and God

## 6-Week Workshop for Women

Based on the book

*Women, Food and God* by Geenan Roth

**When:** Mondays 7:00 P.M. – 9:00 P.M. April 4<sup>th</sup> through May 9<sup>th</sup>

**Where:** 191 Albany Turnpike, Suite 309, Canton, CT 06019

**Cost:** \$100

**Registration:** Please register by March 30<sup>th</sup>. Payment options are available, please contact me for more details.

**Online:** Go to [www.drjthompson.com](http://www.drjthompson.com) and click the link at the top of the page for “Events”

**By Mail:** Fill out form below and mail to address at top

**By Phone:** (860) 838-2071

**Group Description:** Each group will include; meditation exercises, listening to an excerpt from the book, journaling, and time for therapeutic group process.

**About the facilitator:** Jennifer Jondreau Thompson, Ph.D., has been working with women since 1993. Her Ph.D. dissertation titled, “What Does She Hunger For?” explored the social supports used by women in recovery from binge eating.

**Dr. Thompson's desire to design and facilitate this workshop** came after listening to the first 5 minutes of Roth's book on DVD. The author's words accurately describe life in a women's body and mind, especially women who use food as a coping mechanism. Roth's blend of humor, compassion and truth make it an excellent tool to further exploring the relationship between one's mind, body and spirit.



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### Registration Form

Please complete and mail by March 30<sup>th</sup> to

113 Hedgehog Lane

West Simsbury, CT 06092

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear about the workshop? \_\_\_\_\_

“And the day came when the risk to remain tight in a bud became greater than the risk to blossom.” — *Anais Nin*