



2021 Virtual Support Group Schedule

Healing Path Counseling, LLC

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Date & Time	Topic	Presenters	Format
Tuesday 2/23/21 7pm	Body Image and Adjustment	Dr. Jordyn Hoffman- Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 3/23/21 7pm	Success-No Luck or Magic!	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 4/20/21 7pm	Spring Ahead with Exercise-Creating Habits and Challenging Thoughts about Exercise	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 5/25/21 7pm	Post-surgical Obstacles and Taking Inventory	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 6/22 7pm	Measuring Success Beyond the Scale	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 7/27/21 7pm	Why do We Overeat?	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 8/24/21 7pm	Regain-And Getting Through It	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 9/21/21 7pm	Thoughts-How the Impact our Behaviors and Feelings	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 10/19/21 7pm	Candy, Sweets, & the Brain	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 11/16/21 7pm	Preparing for the Holidays-Tips, exercises, and plans	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 12/14/21 7pm	Preparing for the Holidays- Tips, exercises, and plans	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual