



2022 Virtual Support Group Schedule

Healing Path Counseling, LLC

15132 Summit Ave.
Suite 305D
Oakbrook Terrace, IL
60181

10540 S. Western
Ave.
Suite 312
Chicago, IL 60643

p. 630-296-7449 **f.** 630-929-7532 **Email:** info@hpathcounseling.com

Date & Time	Topic	Presenters	Format
Tuesday 2/15/22 7pm	Body Image and Adjustment	Dr. Jordyn Hoffman- Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 3/15/22 7pm	Success-No Luck or Magic!	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 4/12/22 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 5/17/22 7pm	Post-surgical Obstacles and Taking Inventory	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 6/21/22 7pm	Measuring Success Beyond the Scale	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 7/12/22 7pm	Why do We Overeat?	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 8/16/22 7pm	Regain-And Getting Through It	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 9/20/22 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 10/25/22 7pm	Candy, Sweets, & the Brain	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual
Tuesday 11/15/22 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 12/13/22 7pm	Preparing for the Holidays- Tips, exercises, and plans	Dr. Brigid Zarbock, Dr. Jordyn Hoffman, & Dr. Oana Varga-Healing Path Counseling, LLC	Zoom/Virtual