



## MULTI-SKILLS GROUP

THURSDAYS | 4:15PM-5:15PM

**\$75 PER GROUP**

The **Multi-Skills Group** aims to foster growth and independence by promoting skillful living as an alternative to maladaptive behaviors. Offered as part of the Comprehensive Outpatient Program for Eating Disorders (COPE™) at Atlanta Center for Wellness, this group integrates instruction with practical application through group discussions, demonstrations, and exercises. The skills taught incorporate elements from various therapeutic models, including CBT, DBT, and ACT, to support participants in developing effective coping strategies.

**For more information, please contact Kim Frey:  
[404-343-4162](tel:404-343-4162) or [admin@atlantacenterforwellness.com](mailto:admin@atlantacenterforwellness.com)**

*For registration information and a detailed overview of this and other COPE groups, please visit [www.atlantacenterforwellness.com/cope](http://www.atlantacenterforwellness.com/cope).*



LEAH WEINGAST, MA, LMSW

Leah Weingast is a licensed master social worker and holds a Master of Arts in Clinical Psychology with a focus on emotion regulation. Her therapeutic approach integrates evidence-based and holistic methods, such as Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), mindfulness practices, and somatic techniques, to provide clients with a comprehensive toolkit for healing.

Leah's services for adolescents and adults include both individual and family therapy. She specializes in mood and anxiety disorders, borderline personality disorder, LGBTQIA+ identity, Post-Traumatic Stress Disorder (PTSD), and neurodiversity.



6100 Lake Forrest Dr., Suite 450  
Atlanta, GA 30328

[404.343.4162](tel:404.343.4162)

[www.atlantacenterforwellness.com](http://www.atlantacenterforwellness.com)