ANAD
EATING DISORDER SUPPORT GROUP

1ST & 3RD WEDNESDAY | MONTHLY*
6:15–7:15 PM
FREE

- Are you constantly thinking about food, weight, and body image?
- Are you frequently dissatisfied with your body or appearance?
- Do you ever deny or hide your eating behaviors?
- Do you exercise beyond what feels healthy or balanced?
- Have you ever purged or restricted food to manage your weight?
- Do you sometimes turn to food for comfort or feel out of control while eating?
- Are you preoccupied with counting calories, monitoring your weight, or worrying about how your clothes fit?
- Do you have a friend or family member who is struggling but you're not sure how to help?
- Are you ready to take the next step toward healing and learn new coping strategies?

ANAD meets on the first and third Wednesday of each month. Facilitated by **Ginair Goodwin McKerrow** and **Joey Pulley,** this free, confidential support group is open to anyone seeking support for themselves or a loved one.

**Group dates are subject to change. Please call ahead to confirm the group is meeting as scheduled.*

For information, please contact:
(404) 343-4162 | admin@atlantacenterforwellness.com

Joey Pulley, MS, LPC, NBCC

Joey Pulley is a licensed professional counselor with 30 years of experience treating adolescents and adults in a variety of clinical settings. She specializes in eating disorders, depression, anxiety, and trauma, and is co-owner of Atlanta Center for Wellness. Joey has also facilitated ANAD meetings since 1996, supporting individuals in recovery from eating disorders.

Ginair Goodwin-McKerrow MSW, LCSW

Ginair Goodwin-McKerrow is a licensed psychotherapist with more than 25 years of experience treating eating disorders, body image concerns, anxiety, mood disorders, and women's issues. She co-founded Atlanta Center for Wellness in 2017 and is known for her warm, compassionate approach to therapy with individuals, couples, and families.

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