

Living Fat

6-week process group for Fat Folks

In-Person Wednesday at 5pm- 6pm

Want to experience the liberation of being in a room with only fat folks who get what it is like to live in fatphobic world?

We welcome all fat individuals age 18+ to be in community and discuss their lived experience with being in a larger body.

This group is in-person so that participants can explore both emotionally and somatically what it feels like to be with those that have a shared reality. All members are asked to honor the principle of HAES and respect the privilege and barriers of the fat spectrum.

Seating for this event is all fat-friendly couches & arm chairs.

To Join Living Fat Group:

Those interested can email m@hellometherapy.com to schedule a 20 minute phone appointment. M will review overall format of group, logistics, and answer any questions for new clients.

Fees and Insurance:

\$75 per group (superbill available)
OHP CareOregon accepted

Location:

Tillamook Building*

2105 NE Cesar E Chavez Blvd, Suite 270
Portland, OR 97211

*This location is ADA accessible and there is parking lot that allows you to park steps away from the entry/exit.



*M Lesowski, LPC, CADCI
Certified Intuitive Eating Counselor*

M is a medium fat therapist who is certified in Intuitive Eating and ETT, owns a group practice focused on Health at Every Size. She most commonly works with folks who struggle with Binge Eating and body image. M has been in a larger body since early childhood and is passionate about morally-neutral healthcare.